OSCAR BUZZ CUT

ANNE HATHAWAY CHOPPED OFF HER HAIR AND LOST WEIGHT FOR LES MISÉRABLES — BUT WILL THE FILM WIN OSCAR GOLD? CHECK OUT THIS YEAR'S ODDS-ON FAVOURITES PAGE 19

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DECISION DAY IN U.S.A.

U.S. President Barack Obama and Republican challenger Mitt Romney have closed their hard-fought battle for the White House, leaving Americans with a stark choice to be made Tuesday between fundamentally opposing visions. Some political pundits say this could be the closest U.S. election since John F. Kennedy edged out Richard Nixon by 84 electoral votes and won the popular vote by 0.2% back in 1960. See story, page 8. GETTY IMAGES/FILE PHOTOS

Committee wants serious bets only on casino profits

Public consultations. OLG ready to negotiate proposed hosting fee with the city: Exec

The mayor's executive committee voted Monday to proceed with public consultations for a casino, but city manager Joe Pennachetti was also ordered to come back with better revenue predictions.

Ernst & Young's report on the impact of a casino found hosting fees could be anywhere from $16 million to $168 million. It's a range that was unacceptable to the committee, which approved a motion from Coun. David Shiner to narrow that number.

"I can't see going forward with an agreement in any way to support a casino without knowing what it is we're supporting," he said.

Afterward, Pennachetti said he hoped to nail down a "refined number" with the OLG that is toward the "upper end" of that range before going to the public in the coming months. Pennachetti is hoping to have a better number by January.

After consultations, council could vote on the fate of a casino as early as March.

The provincial agency that would pay Toronto an annual fee for hosting a casino says a tantalizing city staff projection of up to $168 million is no more than "the starting point for negotiations."

OLG chief executive Rod Phillips made the comment Monday as Mayor Rob Ford's executive committee heard dozens of deputations before a vote on whether to proceed with public consultations on the casino question.

Phillips told reporters OLG is ready to negotiate a proposed hosting fee with the city manager before March, when council is expected to have final say — but not in time to inform Toronto residents, who will soon be consulted. **TORSTAR NEWS SERVICE**

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Newcomers

Ontario seeks more say in immigration

Ontario wants more control of immigrant selection in its attempt to wrestle with declining immigration, newcomers' poor job prospects and unmet labour market needs.

In unveiling the province's new immigration strategy Monday, Immigration Minister Charles Sousa said Ontario must attract a better-skilled workforce by raising the ratio of economic migrants and expanding the federally imposed quota of "provincial nominees" — immigrants the province has a role in choosing — five-fold, to 5,000 a year by 2014.

"This is a bold new direction for immigration in Ontario. It sets a path so we can attract highly skilled immigrants and investors that we need to fuel economic growth and help build stronger communities," said Sousa, who will discuss the plan with federal Immigration Minister Jason Kenney at a meeting in mid-November.

Kenney declined to comment on the plan. But critics said they were glad to see Queen's Park "standing up against the Conservative government" for shortchanging Ontario.

TORSTAR NEWS SERVICE

Immigration Minister Charles Sousa says Ontario must attract a better-skilled workforce.
TORSTAR NEWS SERVICE

Mayor Rob Ford slips into his office after being swarmed on Monday by media asking about his involvement in removing TTC riders from buses to make room for Don Bosco Eagles players. RENE JOHNSTON/TORSTAR NEWS SERVICE

Police board seeks clarity on bus fiasco

Left standing. TTC chair Karen Stintz apologized to riders kicked off a bus used to pick up players from the mayor's football team

Toronto police Chief Bill Blair will explain to the police services board next week why two TTC buses were pulled off their routes to ferry Mayor Rob Ford's Don Bosco football players back to school.

The call for answers as to why the buses were needed follows a confusing narrative, with conflicting reports coming from the TTC, police, the Toronto Catholic District School Board, athletics officials and Ford.

Coun. Michael Thompson, vice-chair for the board and a Ford ally, said board chair Alok Mukherjee has asked Blair to report to the board on "why what transpired transpired," and on the use of shelter buses more generally.

What is clear is that, on a rainy Thursday afternoon on the Father Henry Carr high school football field, the Carr coach took issue with a call made by a referee.

When he illegally stepped out onto the field, visibly upset and yelling, the coach was flagged by the referee. Restrained by his players and refusing to leave the field, the coach was ejected and the game called.

With the Don Bosco players left waiting in the rain just before 4 p.m. for a school bus scheduled to arrive at 4:30 p.m., TTC officials say a Finch bus full of passengers was diverted to the Carr field at the request of police — leaving riders on the sidewalk to wait for another bus.

When that bus had trouble finding the school, a second, empty bus was diverted from the 46 Martin Grove route.

When the first bus failed to arrive, the mayor called the TTC's CEO, Andy Byford, and left a message expressing concern about the delay.

On Monday, Ford denied any role in calling the buses. "I did absolutely nothing wrong," Ford told reporters at City Hall.

TTC chair Karen Stintz said she doesn't know what exactly Ford said to Byford. She said the TTC is conducting a review of its shelter bus policies.

Stintz also apologized to the riders who were kicked off the bus. TORSTAR NEWS SERVICE

Quoted

"There's no question riders were disadvantaged by the fact the shelter bus had been requested. And they are owed an apology, because they had to wait in the rain ... But I stand by the decision to send the shelter bus, because the Toronto Police Service asked us for a shelter bus, and when they ask, we comply."

TTC chair Karen Stintz

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Crime. Trio arrested in home invasion spree

Two Toronto teenage girls and a man face numerous charges in what police are calling "an act of terror" that resulted in several people being robbed, tied up, pistol-whipped and one person being shot through the door of his home.

At a news conference Monday, Toronto police Staff Insp. Mike Earl said the 24-hour crime spree began on Oct. 16, when at least three men armed with handguns "terrorized" residents in a multi-unit home in the city's northwest end.

It's alleged that the men forcibly confined the homeowners and stole money and electronics.

Shortly after, the suspects tried to break into another apartment in the same building by firing a shot through the door and into the homeowner when they couldn't get in.

Earl said usually, home invasions are targeted at people known to the culprits, but that was not the case in these instances.

"In this case, it was a random act of violence," he said.

"They went door-to-door systematically trying to terrorize members of the community."

Police allege that the next day around 7:45 p.m., the men and the girls were involved in another gunpoint robbery in the same area, robbing a teenage boy of his cellphone and cash.

Fifteen minutes after that, police say the group broke into a nearby home, tied up the homeowners and then fled with stolen goods.

A short time later, a 17-year-old boy was taken off the street and forced at gunpoint to knock on the door of a teenage acquaintance at a nearby home.

Wendel McLean, 28, of Toronto, a 16-year-old girl and a 15-year-old girl, who cannot be identified under the Youth Criminal Justice Act, face numerous robbery, weapons and assault charges.

McLean also faces kidnapping, cocaine possession and an attempted murder charge.

Police are still looking for two other male suspects.

THE CANADIAN PRESS

Quoted

"They were on a crime spree. It didn't matter what they took. If they liked it, they took it."

Staff Insp. Mike Earl

Wynne joins Murray in race for Liberal premier

Wynne waves to supporters at a rally in Toronto on Monday after announcing her intention to run for the leadership of the Ontario Liberal Party. FRANK GUNN/THE CANADIAN PRESS

Provincial politics. Former Liberal cabinet ministers announce their intentions to jump into Dalton McGuinty's position

Veteran Liberal cabinet minister Kathleen Wynne announced Monday that she wants to be Ontario's next premier.

Wynne, who resigned from cabinet on Friday, planted herself firmly as a centrist candidate, promising to repair the Liberals' relationship with teachers while fighting a $14.4-billion deficit.

"As a former minister of education, I know how essential that partnership is, and how much we risk losing without it," she told a packed room in her Toronto riding of Don Valley West.

The race was triggered three weeks ago when Premier Dalton McGuinty announced he would step down once a new leader was chosen, and prorogued the legislature.

Glen Murray, former minister of training, colleges and universities, pre-empted her announcement by launching his own bid on Sunday. Like Wynne, Murray would also make history as Ontario's first openly gay premier if he wins.

Former cabinet minister Sandra Pupatello and ex-MP Gerard Kennedy, who lost to McGuinty by just 140 votes in 1996, are also rumoured to be seriously considering leadership bids. THE CANADIAN PRESS

Past and (possible) future

Kathleen Wynne was first elected in 2003 when the McGuinty Liberals took office.

- **Minister.** She served as education minister from 2006 until 2010, then transportation minister for nearly a year before moving to municipal affairs and aboriginal affairs after the 2011 election.
- **History.** Wynne would make history if she won the leadership race, becoming Ontario's first female and openly gay premier.

Man gets life for fatally beating kindly woman

Murder victim Spring Phillips PHOTO CONTRIBUTED

A homeless man has been sentenced to life in prison for repaying the kindness of a "too trusting" woman with sexual assault and a prolonged fatal beating.

Spring Phillips, 26, offered Levi Aggek her couch in her 27th floor apartment at 200 Wellesley St. E. on a cold winter night. Her battered body was found by her boyfriend the next day.

"It was a brutal assault that took place over a considerable period of time," Ontario Superior Court Justice Ian Nordheimer said Monday as he sentenced Aggek, 36, an alcoholic with a troubled past and a talent for soapstone carving.

Aggek was charged with first-degree murder, but on Monday pleaded guilty to second-degree murder, which carries an automatic life sentence and a parole ineligibility period of 10 to 25 years, depending on the judge's ruling.

The judge set that time at 20 years, a tough sentence jointly proposed by prosecutors Glen Crisp and Joanne Bruno with defence lawyers David Maubach and Jessyca Greenwood.

Aggek had been barred from Na-Me-Res, a native men's residence on Vaughan Road., so Phillips, who knew him through her boyfriend, made the offer of a place to sleep on the night of Dec. 4, 2009.

Her boyfriend, Stephen Wong, found her naked and slumped face-first over the side of a couch with a plastic bag over her head held in place by a shoelace.

She suffered many blunt force injuries to the head and neck, and other injuries to the torso, arms and legs. Some teeth were knocked out. Her blood was throughout the apartment.

Kevin Thompson, father of Phillips' six-year-old daughter, once said she was "too trusting." On Monday, he remembered her as outgoing and funloving. The sentence was just, he said. TORSTAR NEWS SERVICE

Regret

- Phillips' mother, Darlene Gellvear, said in a victim impact statement she lost touch with her daughter, who battled addictions. "I'll never have the chance to tell her how much I loved her or how proud I was that she had overcome her demons," she wrote.
- Aggek expressed his regrets before sentencing, saying, "I know the pain of the family and I am sad for it."

Christie Pits

Sex-assault suspect now faces 2 more charges

Two more sex assault charges have been laid against a 15-year-old youth accused in the string of attacks on women in the Bloor and Christie Street area over several weeks starting in the summer.

The original charges were laid after the youth was arrested Oct 19.

Monday's charges relate to assaults alleged to have occurred on Aug. 18 and 23.

The youth appeared in youth court Monday.

His matter was put over until Tuesday, when a date for a bail hearing will be set.

Under terms of the Youth Criminal Justice Act, the youth cannot be named.

The youth now faces 16 sexual assault charges and two counts of criminal harassment.

TORSTAR NEWS SERVICE

GTA police forces

Ruby wants court to reverse G20 decisions

Veteran civil rights lawyer Clayton Ruby will ask Ontario's Superior Court to overturn "backroom decisions" by three GTA police forces not to pursue complaints of officer misconduct during the G20 protests — even though the complaints have been substantiated by the province's police oversight body.

TORSTAR NEWS SERVICE

Clayton Ruby THE CANADIAN PRESS

Mr. Ice Cream Head Man

Dairy Queen mascot returns to Mississauga home

The stolen head of Mr. Ice Cream Head Man, the Dairy Queen mascot, has been returned to its rightful owner.

John Pielechaty and his wife returned to Mississauga on Sunday night from a trip to Florida. When they looked into the backyard, they found a familiar frozen friend had also found his way home.

"I just can't believe it. I figured someone had smashed his face in," said Pielechaty, 72, who once owned a Dairy Queen.

Back in August, thieves unlocked Pielechaty's gate and sneaked into the backyard while he was asleep.

A message from Peel Police informed him that the mascot's top half had been found in a nearby park.

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Survey. Financial woes have young Canadians stressed

Economic uncertainty, underemployment and other financial concerns are taking a toll on young Canadians' mental health, a survey for Sun Life Financial Canada has found.

A surprising 90 per cent of people 18 to 24 years of age feel excessive stress compared to 72 per cent of all adult Canadians, according to the Sun Life Canadian health-index study.

"I think it points to what's going on in the economy and the pressures on young people today," says Kevin Dougherty, president of Sun Life Financial Canada.

The study confirms what Sun Life is seeing in its long-term disability business, he says. Some 40 per cent of claims by young people are related to mental-health issues such as depression and anxiety. That's up 10 per cent since the start of the recession. The Toronto-based company is the largest provider of employee benefit programs in Canada.

Young people are twice as likely to be unemployed as the labour force as a whole. The unemployment rate for 18- to 24-year-olds is 15.2 per cent, compared to 7.4 per cent for all adults, according to Statistics Canada. TORSTAR NEWS SERVICE

Quoted

"Personal finances are more challenging for young people, especially in places like Toronto. And for young people, before they settle down, relationships can be a great source of stress."

Kevin Dougherty, president of Sun Life Financial Canada

A surprising 90 per cent of young people aged 18 to 24 years of age feel excessive stress compared to 72 per cent of all adult Canadians. PAUL SAKUMA/THE ASSOCIATED PRESS FILE

Ditch that martini: Trainer says Bond's body can be yours

Not for beginners. Fitness program will run for about a month after Skyfall's release

Want to get a Bond-girl body or Daniel Craig's abs?

A local fitness trainer promises it's possible to get Bond's famously fit physique with a new workout that involves seven secret-agent-worthy moves.

Brent Bishop, a personal trainer and owner of Think Fitness Studios on Bloor Street West, created the workout, called Drop the Last 007. Classes begin Wednesday, just in time for the new Bond film, Skyfall, in theatres Friday.

"I was inspired by the Bond films because of the hardcore types of activity Bond does. He climbs up cranes, jumps off buildings; it requires a lot of your body," Bishop said. He says he wanted to create a workout that would prepare someone to be ready for anything, the way Bond has to be.

"It's extremely challenging. It involves a high metabolic demand; your heart rate is going non-stop until you're done. The point is to do it as quickly as possible," Bishop says.

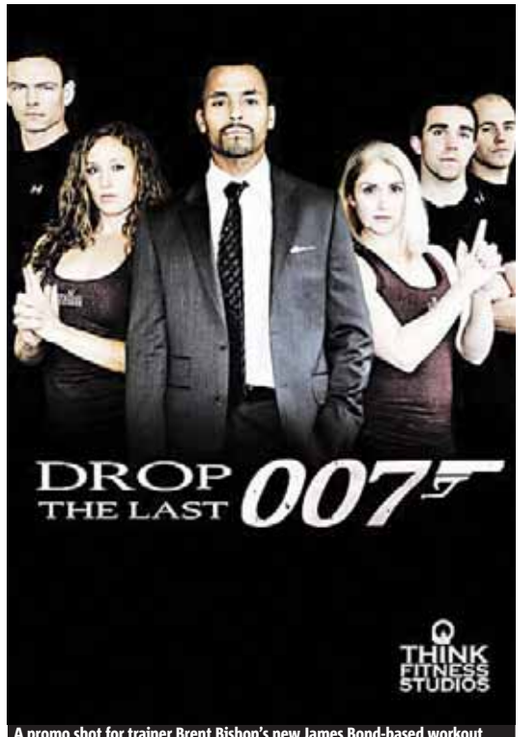
He says the workout is unique because it's so challenging, it forces the participant to tap into a mental focus — the kind of focus he thinks is crucial for Bond to do his job well.

The program is offered on a one-on-one basis and in small classes at his studio. Video versions are also available online for $35.

Bishop warns that he won't train beginners because of the difficulty level of the exercises. TORSTAR NEWS SERVICE

The power of seven

- "My whole concept is there are seven exercises in the routine," trainer Brent Bishop says.
- He adds that if people complete the workout seven times — every other day for two weeks — and follow a sensible diet, they'll lose seven pounds.
- The seven moves are done in sequence, so they become one flowing movement. All the exercises involve a full range of motion, and they're also compound movements.



A promo shot for trainer Brent Bishop's new James Bond-based workout that plays off the number seven. CONTRIBUTED/BRENT BISHOP

One killed

Drunk driver loses appeal of 12-year sentence

An unlicensed drunk driver who went on a "reckless escapade" with his friends, one of whom he would leave to die underwater after the car landed upside down in a stream, has lost an appeal.

The 12-year sentence Lawrence Bush received is the highest Ontario's top court has ever upheld for such a crime.

Bush was already on bail for an earlier impaired-driving charge when he went for a ride with friends at speeds of up to 170 kilometres an hour in 2009 near Sarnia. His blood-alcohol level was about four times the legal limit.

He had received his eighth conviction for driving while suspended just 10 days earlier. The last time Bush had a driver's licence was 1985.

Bush pleaded guilty in 2010 to criminal negligence causing death, impaired driving causing death, driving while disqualified and breach of an undertaking to abstain from consumption of alcohol.

Although his sentence was high, the Appeal Court's three-judge panel said Bush's "egregious" behaviour justifies it. THE CANADIAN PRESS

Pearson

Big heroin stash found at airport

Border-services officers at Pearson International Airport have seized a massive amount of heroin smuggled inside a box on a flight from Pakistan.

The Canada Border Services Agency says its officers first noticed the "suspicious" box after it was unloaded from the plane on Oct. 30. The officers pried it open and discovered 22 kilograms of heroin inside multiple solid packets.

No arrests have been made and police say they do not have any suspects. THE CANADIAN PRESS

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Candidates make final push

Election Day. Final polls show Obama having a slight advantage, with Mitt Romney pulling even in Virginia and Florida

Workers carry voting machines up a set of debris-covered steps at East Elementary School in Long Beach, N.Y., Monday, as it is set up to serve as a polling station for Election Day. Officials are working to hold an election in storm-ravaged parts of New York and New Jersey barely a week after Superstorm Sandy. JASON DECROW/THE ASSOCIATED PRESS

President Barack Obama and Mitt Romney stormed into the final day of campaigning before Election Day, once again visiting the toughest battleground states, trying to fire up their supporters and defend their highly contrasting visions for the U.S.

Nationwide polls show the two locked in one of the closest, and most expensive, presidential races in recent U.S. history. The hard-fought race has laid bare one of the most polarized American electorates in decades, choosing between two very different paths for the world's most powerful country. Uncertainty over the outcome weighed on investors worldwide.

Both candidates eagerly emphasized the stark choice Monday, trying to convince their core supporters too much is at stake to stay home on Election Day. With few undecided voters left, getting their supporters to the polls was crucial for both sides.

"This is not just a choice between two candidates or two parties. It is a choice between two visions," Obama told nearly 20,000 people in Wisconsin.

"Our choice tomorrow is going to lead to very different outcomes," Romney said at a rally in Virginia.

A majority of polls in the battleground states — especially in Ohio and other Midwestern states of Iowa and Wisconsin — show Obama with a slight advantage. That gives him an easier path to the 270 electoral votes needed for victory.

Rock legend Bruce Springsteen and rapper Jay-Z were joining Obama for Ohio events on Monday.

"We have one job left," and that's getting people out to vote, Romney told a Florida crowd Monday morning. The crowd chanted, "One more day!"

Another term?

"It's not just about policies. It's also about trust.... You know where I stand. You know what I believe."

U.S. President Barack Obama

Both Obama and Romney say this year's winner will be determined by which of their campaigns can get the most supporters to the polls. "This is going to be a turnout election," the president declared in an interview that aired Monday. Obama needs the support of blacks and Hispanics to counter Romney's support among white men, but his campaign knows that the feeling of making history that fired up the 2008 campaign has cooled. THE ASSOCIATED PRESS

Superstorm Sandy

N.Y. officials scramble to ensure residents can vote

With 1.4 million customers still without power a week out from Superstorm Sandy, election officials are scrambling to make sure that everyone who wants to vote will be able to have their say starting 6 a.m. and ending at 9 p.m. on Tuesday.

While the number of people without power in New York state has dropped drastically from 2.2 million to 538,000, many parts of hard-hit areas like Staten Island still don't have electricity. With public transportation not up and running at 100 per cent, people might find it difficult to get to their assigned polling location, especially if they are staying with a friend or relative outside their zone. It doesn't help that the gas shortage is creating hours-long lines, and some roads are still unsafe to drive on.

The problem is just as widespread in New Jersey, where over a quarter of a million people still do not have power.

MICHELLE CASTILLO/ METRO WORLD NEWS

Holy roller

Gambling nun to appear in court

Authorities say a nun with a gambling addiction is accused of stealing $128,000 from two rural parishes where she worked. Sister Mary Anne Rapp is a member of the Sisters of St. Francis, based in Lewiston, north of Buffalo.

THE ASSOCIATED PRESS

Submerged

SUV lands in swimming pool

An Ottawa motorist was being treated for mild hypothermia after his vehicle ended up in a swimming pool Monday morning. According to paramedics, a car crashed through a fence and landed in the shallow end of a swimming pool in about a metre of water.

METRO IN OTTAWA

An SUV that crashed and landed in a swimming pool. METRO

Not quite Sandy

New storm could worsen situation

A new storm is expected to hit the New York-New Jersey region still shivering and cleaning up after last week's Superstorm Sandy, bringing the threat of 89 km/h gusts and more beach erosion, flooding and rain by Wednesday. Temperatures dipped toward freezing early Monday, and tens of thousands of people without power along the ravaged Atlantic coastline faced the growing certainty that they would have to find somewhere else to stay. THE ASSOCIATED PRESS

U.S. election

Sask. premier Wall weighs in

As Americans take to the polls, Saskatchewan Premier Brad Wall says the next president of the United States must endorse free and fair trade between Canada and the U.S. Wall also noted the next president should also endorse the $7-billion Keystone XL pipeline, which President Obama rejected in January of 2012. THE CANADIAN PRESS

Stepping aside. Embattled Montreal mayor resigns amid corruption scandal

Montreal's mayor has resigned in the midst of a corruption scandal, becoming the highest-profile political casualty of the controversies currently rocking Quebec.

Gerald Tremblay said he had done nothing wrong, but was stepping aside for the greater good of a city that is now politically paralyzed. Large construction contracts have been frozen and even the municipal budget has had to be rewritten in recent days.

"I cannot help anymore, given the circumstances," Tremblay said in a solemn resignation announcement late Monday at city hall.

The 70-year-old mayor held onto office just long enough to delay an election to replace him — which would have been triggered had he resigned only a few days earlier.

Tremblay avoided the public eye last week and took two days off work. Because he left after Nov. 3, one year before the next scheduled election, provincial law says he can now be replaced with an interim mayor chosen by the city council that is controlled by his scandal-plagued party.

A matter of time

Monday's announcement came after years of scandal that, over time, inched uncomfortably close to the mayor. Tremblay's one-time closest associates have either been slapped with criminal charges or been accused of corruption at an ongoing inquiry.

He insisted he was unaware of corruption in his administration and learned about it after the fact, saying Monday that he felt betrayed by the people who had abused his trust.

Tremblay cast himself as a victim of wrongdoing.

"My father always told me not to go into politics because it was dirty and people would destroy me," Tremblay said, adding that his love of Quebec and Montreal drew him to provincial and municipal politics over a 25-year career.

"I dedicated myself fully to the success of Montreal — with Judeo-Christian values of charity, solidarity, integrity, respect, openness." THE CANADIAN PRESS

Montreal Mafia. Alleged mobster's murder could reignite ongoing war

A man alleged to be an influential member of the criminal underworld, whose career spanned nearly five decades, has been gunned down in what appears to be a new chapter in Montreal's ongoing Mafia war.

The killing of Joe Di Maulo is the first murder of a reputed Mafia boss since Vito Rizzuto, allegedly the most powerful Sicilian mobster in Canada, emerged from a long prison stint. Di Maulo was said to have once worked for a rival crime faction before joining with the Rizzutos in the 1970s.

He was killed outside his home late Sunday.

Di Maulo's body was found face down in the driveway of his home, which borders a golf course in a posh suburban area. Police said a 911 call came from a member of the family inside the home.

He was the brother-in-law of Raynald Desjardins, charged with first-degree murder in the slaying of the alleged Mob boss Salvatore Montagna. Currently awaiting trial, Desjardins recently lost a bid to get out of testifying before Quebec's corruption inquiry.

THE CANADIAN PRESS

Police investigators examine the crime scene where alleged mob boss Joe Di Maulo was murdered in front of his home Monday. RYAN REMIORZ/THE CANADIAN PRESS

Big tobacco denies 1950s pro-smoking conspiracy

Recouping health-care costs. Every province except Nova Scotia has filed similar lawsuits

Two big foreign-owned tobacco companies asked Ontario's top court Monday to dismiss a $50-billion lawsuit launched against them by the provincial government.

Lawyers for British American Tobacco and R.J. Reynolds Tobacco Co. argued they should not be included in the legal action if the Appeal Court lets the case proceed.

They said the lawsuit is based on a false theory that the companies conspired in the 1950s to withhold information from Ontario smokers about the harmful and addictive ingredients in cigarettes.

The companies contend there is no evidence that a conspiracy ever took place or that they specifically targeted Ontario. British American Tobacco notes it did not exist until 1997.

Ontario launched a lawsuit against 14 tobacco companies in September 2009 in an effort to recoup past and present health-care costs related to smoking. The province claims the corporations should be on the hook for billions of dollars because they misrepresented the risks of smoking, did not take steps to reduce the effects and marketed cigarettes toward children and teens.

THE CANADIAN PRESS

The argument

Both companies claim the government has also manipulated laws related to smoking to help it with its court action.

- "Ontario has unilaterally designed the very legal garb which will determine the locus of the claim and seeks to rely on its statute and pleading as the basis for a real and substantial connection," according to the documents.

17th century anti-hero, now a cyber-icon, honoured in England

Members of the Lewes Bonfire Society parade through Lewes, southern England, on Monday, as part of their bonfire night revels celebrating the unsuccessful attempt to blow up the House of Lords by Guy Fawkes and others in 1605. There were fireworks and bonfires throughout much of England to mark the anniversary. The cyber-rebel group Anonymous draws much of its iconography from the story of Fawkes, and the anti-hero's ghostly white mask is a staple of the online movement's demonstrations. GARETH FULLER/PA/THE ASSOCIATED PRESS

Northern Ontario

Hockey dad faces assault charge

A hockey dad has been charged with assault after a confrontation with a referee at a midget-level hockey game in Cochrane, Ont., last month. Provincial police say the official was "poked aggressively" and "subjected to blasphemous insults" by a man at the Oct. 18 game between Cochrane and Iroquois Falls. THE CANADIAN PRESS

Feds, province pitch in

Hay, you need some help?

Ontario and western Quebec farmers hit by a serious summer drought are getting government help to feed their livestock over the winter. The federal and provincial governments say they will split the cost of contributing to private efforts to ship hay from Alberta and Saskatchewan to the drought-affected areas. THE CANADIAN PRESS

Remembrance pay

New $20 bill honours soldiers

On Wednesday, the Bank of Canada will begin circulating a new $20 bill made of polymer instead of paper.

The new bill pays tribute to the contributions and sacrifices of Canadian men and women in all military conflicts and is being released just before Remembrance Day. The note features a view of the Canadian National Vimy Memorial on its back.

The front and back of the new $20 bill. HANDOUT/BANK OF CANADA

The bill will be formally introduced in a ceremony at the Canadian War Museum in Ottawa. THE CANADIAN PRESS

Preliminary hearing starts for U.S. soldier charged in Afghan massacre

Grisly killings. Staff Sgt. Robert Bales, charged with 16 counts of premeditated murder, had blood on his face, clothes: Prosecutor

In this courtroom sketch, U.S. Army Staff Sgt. Robert Bales, centre, is shown Monday during a preliminary hearing in a military courtroom at Joint Base Lewis McChord in Washington state. Bales is accused of 16 counts of premeditated murder and six counts of attempted murder. LOIS SILVER/THE ASSOCIATED PRESS

A caped figure captured on surveillance video came running out of the darkness to the edge of a remote army outpost in southern Afghanistan. Blood was smeared on his face, prosecutors said, and soaked into his clothes.

Less than a mile away, 16 Afghans, including nine children, were dead, some of their bodies on fire in two villages.

As fellow soldiers stopped him at the base's gate, Staff Sgt. Robert Bales was incredulous, prosecutors said.

Then, as he was taken into custody, Bales said: "I thought I was doing the right thing."

The details, from a prosecutor as well as Bales' comrades, emerged Monday as a preliminary hearing in his case opened, offering the clearest picture yet of one of the worst atrocities of the Iraq and Afghanistan wars.

The attack on March 11 prompted the U.S. to halt combat operations for days in the face of protests, and it was a month before military investigators could reach the crime scenes.

Bales, 39, faces 16 counts of premeditated murder and six counts of attempted murder. The hearing could last up to two weeks and will help determine whether the case goes to a court martial.

The defence did not give an opening statement. Bales has not entered a plea. His attorneys have not discussed the evidence, but say Bales has post-traumatic stress disorder and suffered a concussive head injury during a prior deployment to Iraq.

The father of two from Lake Tapps, Wash., wore green fatigues and sat beside one of his civilian lawyers as an investigating officer read the charges against him and informed him of his rights.

When asked if he understood them, Bales said, "Sir, yes, sir." THE ASSOCIATED PRESS

Violence

Evidence was provided at a preliminary hearing for Staff Sgt. Robert Bales on Monday.

- **Weaponry.** It is alleged he took a M-4 rifle outfitted with a grenade launcher to attack two villages.
- **Two attacks.** Bales allegedly broke the slaughter into two episodes — walking first to one village, returning to the base and slipping away again to carry out the second attack.
- **Bad joke.** Between the episodes, Bales told a colleague about shooting people at one of the villages, Morse said. The soldier apparently took it as a bad joke and responded: "Quit messing around."

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Air + 2 Nights + 5-Night Cruise
Holiday Inn French Quarter, Carnival Elation
INCLUDES roundtrip airfare, French Quarter accom near Bourbon Street and cruise sailing round trip New Orleans visiting Progreso and Cozumel (Mexico). Departs Dec 8/ac/ggv/ccl. UPGRADE to 4-star Renaissance Pere Marquette and oceanview stateroom for $12 per night.

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for MEN and for WOMEN

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Hair Grow Technology's Bio-Fen® product line is continually moving forward! We are introducing our two latest versions; **Bio-Fen® Plus for Men** and **Bio-Fen® Plus for Women**. These products have been assigned Natural Product Numbers (NPN's) by Health Canada.

We recognize that both men and women experience androgenic alopecia (AGA, or male / female pattern baldness) and have made some improvements to the original formulation based on the latest science to address their specific needs. You will notice that we now have additional complementary (Health Canada Approved) health claims on each product.

How does Bio-Fen® PLUS work?

We are bringing you two new products with **double** the number of capsules and **triple** the number of health claims for men and **four times** the number of health claims for women.

As in the previous formulation, the fenugreek seed extract in both new formulas reduces excess blood lipid levels (hyperlipidemia). Fenugreek contains β-sitosterol, an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT*(which is the primary molecule that causes hair loss). The SDG (secoisolariciresinol diglucoside) from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average), the dosage in both products has been revised from once a day to twice a day for optimum results.

Twice the Strength! Twice the Power!

Bio-Fen® Plus for Men:

As before, the saw palmetto extract inhibits the enzyme 5-alpha reductase, and this action slows down the conversion of testosterone to dihydrotestosterone (or DHT) – the overabundance of which causes the miniaturization of hair follicles. This activity of the saw palmetto also helps to relieve the urinary symptoms of mild to moderate BPH for men.

The saw palmetto that originally was an extract standardized to 45% free fatty acids, esters, and sterols while the new formula is a 4:1 extract to support the BPH claim. The product still contains these molecules for hair loss, but they are now at proprietary amounts based on our research so that the competition cannot duplicate our formula.

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH** (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).*
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

Bio-Fen® Plus for Women

The women's formula is almost the same as the men's formula. The mechanisms and results for the women formula is the same. The only difference is it contains silicon and iron instead of saw palmetto. Silicon has been shown to contribute to hair shaft strength and thus healthy hair growth. It also contains iron which helps prevent iron deficiency. A number of studies have related sub-clinical iron deficiency in women to diffuse hair loss/alopecia.

The increased amount of SDG and other revisions to the regulations allow us to make some additional health claims for *Bio-Fen® Plus for Women.*

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. In some people the original pigmentation may come back. Once you stop completely your hair growth pattern will slowly go back to the point where you started. However, some people may be able to go with a lower maintenance dose.

What is the quality of Bio-Fen® Plus for Men?

Bio-Fen® Plus for Men is manufactured in Canada according to quality assurance specifications called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and the finished product prior to sale.

Hair Grow Technology (Bio-Fen® Plus) is a progressive company - we continually seek out the latest research on bioactive ingredients, and on regulatory updates in the natural health products industry.

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Parents accused of killing daughter over 'honour'

A Pakistani couple accused of killing their 15-year-old daughter by pouring acid on her carried out the attack because she sullied the family's honour by looking at a boy, the couple said in an interview broadcast Monday by the BBC.

The girl's death underlines the problem of so-called "honour killings" in Pakistan, where women are often killed for marrying or having relationships not approved by their families or because they are perceived to have somehow dishonoured their family.

The girl's parents, Mohammad Zafar and his wife Zaheen, recounted the Oct. 29 incident from jail. The father said the girl had turned to look at a boy who drove by on a motorcycle, and he told her it was wrong.

"She said, 'I didn't do it on purpose. I won't look again.' By then I had already thrown the acid. It was her destiny to die this way," the girl's mother told the British broadcaster.

Television footage of the couple showed them standing behind bars in separate, but adjoining jail cells.

The father said the family had already come under public censure because of their older daughter's behaviour, but he did not detail what exactly he meant.

Pakistani officials initially said the attack occurred because the girl supposedly had an affair with a boy.

According to the Human Rights Commission of Pakistan, at least 943 women were killed in the name of honour last year. Only 20 of the women were reported to have been given medical care before they died, the report said. The real toll is believed to be higher because many of the crimes go unreported.

THE ASSOCIATED PRESS

Quoted

"It was her destiny to die this way."

Zaheen Zafar, the girl's mother

Germany powers up

A worker is silhouetted against the sky as he straddles new overhead electric power lines in Germany on Monday. Some 3,600 kilometres of new power cables are planned in Germany to force the energy turnaround to use alternative sources. FRANK AUGSTEIN/THE ASSOCIATED PRESS

Politics

Another vote urged in Ukraine

Ukraine sank deeper into political turmoil Monday following a disputed parliamentary election, with the opposition dismissing a government offer for a re-vote in a handful of districts.

THE ASSOCIATED PRESS

United Nations

Nuclear chief: Iran not co-operating

The UN nuclear chief said Monday that Iran is not co-operating with an investigation into suspected secret work on nuclear weapons.

THE ASSOCIATED PRESS

West Bank

Swiss investigators visit Arafat's grave

A team of Swiss investigators visited the West Bank grave of late Palestinian leader Yasser Arafat Monday to determine how best to dig up remains and extract samples ahead of their exhumation later this month, a Palestinian official said.

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Guyana. Eight-year-old rescued from remote gold-mining camp

A boy who appeared no older than 8 was found panning for gold in a mining camp in Guyana, a sign that greater efforts are needed to stop child labour in the South American country, the president of a non-government organization said Monday.

The child was found in the remote Puruni region, near the Venezuela border, and was performing dangerous work that should only be done by adults, said Simona Broomes, president of the Women Miners Association.

The boy was placed in protective custody while she works with local authorities to locate his mother, who is believed to be working in another gold mining camp.

"What concerned us the most is that he … was talking and cursing like the other grown men in the camp and contributing to the conversation as though he is a grown man," Broomes said.

The Gold and Diamond Miners Association said it has no statistics on children working in small, independent gold mining operations. Thousands of independent miners have carved up the forest in Guyana and neighbouring Suriname in recent years in the search for gold. The camps can range from just a few people to hundreds clustered in informal towns that sprout to serve the miners and then disappear when the gold runs out. Most are illegal and unregulated and a large number of the miners are illegal immigrants from Venezuela and Brazil.

THE ASSOCIATED PRESS

Law flaunted

It is illegal for anyone under 15 to work full-time in Guyana, but the law is widely flouted.

- A report in September found that there are more than 44,000 children ages 5-14 working in Guyana, including in dangerous activities in agriculture and prostitution. Most work in domestic service and on the streets, typically as vendors or beggars.

Pittsburgh zoo. Autopsy finds boy survived fall but was killed by wild dogs

A two-year-old boy who fell into an exhibit of African wild dogs was killed by the animals, not the fall, the president of the Pittsburgh Zoo said Monday. An autopsy determined the boy survived the plunge.

The boy's mother had picked him up and put him on top of a railing at the edge of a viewing deck late Sunday morning when he lost his balance and fell, said Barbara Baker, CEO and president of the Pittsburgh Zoo and PPG Aquarium. There was a safety net below the railing, but it failed to catch him, she said.

"The child was so small that he bounced. He bounced twice and then he bounced into the exhibit," said Baker, tearing up at a news conference Monday afternoon.

The animals attacked the child so violently and quickly that by the time a veterinarian and other zoo staffers arrived seconds later, they determined it would have been futile to try rescuing the boy, she said.

THE ASSOCIATED PRESS

Reporters gather Monday at an observation area during a press tour near the overlook platform at the Pittsburgh Zoo and PPG Aquarium where a boy was killed Sunday after he fell into the exhibit and was mauled by a pack of African painted dogs. KEITH SRAKOCIC/THE ASSOCIATED PRESS

Montana tragedy

Bear-mauling victim identified

Authorities in Montana have identified the victim of a fatal bear mauling at a wildlife casting company as a 24-year-old man.

Benjamin Cloutier was killed while cleaning the pen of two captive-raised brown bears at Animals of Montana near Bozeman.

One of the bears was shot and killed so Cloutier's body could be recovered Sunday.

The animals were originally identified as grizzlies, but authorities now say they were Syrian brown bears, a related subspecies.

THE ASSOCIATED PRESS

Rival gangs clash

7 killed in Haiti shanty shootout

Haitian detectives are trying to figure out what led to the fatal shootings of seven people Friday night and Saturday morning in a shootout between rival gangs in Cite Soleil, one of the Caribbean nation's biggest shantytowns.

THE ASSOCIATED PRESS

Same-sex couples

France tabling gay-marriage bill

France's government is introducing a bill this week that would let homosexual couples marry and adopt children. Such a law would make France the 12th country to legalize gay marriage, and the biggest country — both in population and economy — to do so.

THE ASSOCIATED PRESS

Coptic Christians

New pope calls for reassurances

Egypt's new Coptic pope says the country's Christian minority has been "intentionally" marginalized for years. Pope Tawadros II called on the new Islamist president, Mohammed Morsi, to send reassuring messages after what he called threatening and disrespectful campaigns.

Christians have become increasingly wary of the rising political power of Islamists, coupled with perceived threats against their freedom of worship.

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Mini millions: Consumers snap up new iPads

A staff member of Apple Inc. hands an iPad Mini to a customer in Hong Kong. Apple said Monday it sold three million iPads of all kinds in the first three days it sold the new Mini model. According to analyst Brian White at Topeka Capital Markets, the Mini model sold out at 60 per cent of U.S. Apple stores. The full-size iPad got an update on Friday as well, with a faster processor and a better front-facing camera. VINCENT YU/THE ASSOCIATED PRESS

Local malls battle Black Friday shopping exodus

Holiday season.
Retailers will extend hours to keep buyers on this side of border

Some of Ontario's biggest malls are going to be open even longer than usual on Black Friday in hopes of keeping Canadian shoppers close to home rather than crossing the U.S. border in search of bargains.

Mall operator Cadillac Fairview Corp. said Monday that it will extend the hours at nine of its properties on Nov. 23, which will be one of the busiest shopping days of the year in the United States.

The day, dubbed Black Friday, takes its name from the assumption that it marks the day when retailers turn a profit for the year or go "into the black."

Retailers in Canada — where Thanksgiving is in early October — have been increasingly under competitive pressure from Black Friday deep discounts promoted in the United States.

This year's shopping season could prove particularly competitive for Canadian businesses after the federal government relaxed cross-border shopping rules in June.

Cross-border shoppers who stay overnight in the United States are now allowed to bring back up to $200 worth of merchandise duty-free, rather than just $50 before the new rules were put in place.

For people on a jaunt of between two and seven days, the limit has doubled to $800 from $400. THE CANADIAN PRESS

Armstrong fallout

Skins sues cycling body for damage to reputation

Sportswear company Skins is suing cycling's governing body for $2 million US, claiming its brand has been damaged by backing the sport as the Lance Armstrong doping scandal unravelled.

Skins, which was founded in Australia and is based in Switzerland, has sponsored cycling teams and riders for five years, and supplied race suits for the United States at the London Olympics. While Skins has never sponsored Armstrong or the UCI, it wants compensation for the reputational damage it says it has suffered by investing in a sport "tarnished" by doping. THE ASSOCIATED PRESS

Market Minute

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MIDDLE-CLASS VOYEURISM AND THE 'REDNEXPLOITATION' OF HONEY BOO BOO

SHE SAYS...
Jessica Napier
metronews.ca

In North America, our caste systems might not be as apparent as in other parts of the world, but we certainly don't live in a classless society. Defining yourself by your class seems like a rather anachronistic thing to do, but sometimes I can't help but think about where I might fit in on the grand social hierarchy. Every time I step on a plane, I take a look at the business class executives enjoying champagne in their reclining cocoon seats and realize that I'm definitely a few rungs down the ladder.

Our underlying socioeconomic divisions are perhaps most evident in the world of reality television. Popular docu-lite programs such as Here Comes Honey Boo Boo and My Big Fat Gypsy Wedding establish definite class boundaries between the viewers and the characters.

Trailer TV

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity.

Best categorized as laugh-and-point programming, these shows feature ensembles of rednecks and gypsies who are portrayed in a way that captures our fascination but also works to marginalize their way of life. And while these shows might be entertaining at times, they also frame issues around poverty, bad nutrition, lack of education, violence and alcoholism — as punch lines rather than problems.

The worlds of child brides and pigs for pets are so far removed from our own that they provide us with a fixed point of reference from which to establish our own superiority. Viewers comfort themselves in the knowledge that we are in some ways "better" than the overweight hillbillies from America's Deep South or the trailer-dwelling Irish Travellers of the British countryside.

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity. Urbane cable subscribers can slum it for an hour or so before going back to their regularly scheduled lives.

But you have to wonder if the individuals who appear on these shows are really being exploited or if they're simply taking advantage of an opportunity. Are Honey Boo Boo's redneck clan and the Roma families of the U.K. cashing in on our fascination with the unknown and playing up their lifestyles for a profit?

Some argue that these reality stars enjoy the attention (even when it's negative) and are happy to use their per-episode-paycheques to better their lives. So where's the real harm in that?

While you could say it's a win-win-win situation for all — the viewers, the reality stars, and most definitely the television networks — we can't ignore the problematic aspects of these exploitative shows.

Frankly, all of the 'sketti' and hair spray is starting to leave a bad taste in my mouth.

Honey Boo Boo's family is being exploited while capitalizing on our thirst for trash TV. YOUTUBE SCREEN GRAB

Mud on your face, but no big disgrace

CHRIS JACKSON/GETTY IMAGES

Diamond Jubilee tour

Pacific nation's best greet royals

Asaro Mudmen, traditionally-dressed tribespeople with headwear made of clay, line up to greet the Prince of Wales and his wife Camilla, the Duchess of Cornwall, in Port Moresby, Papua New Guinea.

The British royals were visiting the Pacific nation as part of their tour to celebrate the Queen's Diamond Jubilee. METRO

History of ethnic dancers

Mudmen dance to story of ancestors

The Asaro Mudmen are a group of dancers from the village of Goroka in the rugged Eastern Highlands province of Papua New Guinea.

Their performances, first made in the 1970s, tell the story of ancestral tribesmen, who wore clay masks and bamboo sticks on their fingers to frighten their enemies. Today, the mystical dancers are a major tourist attraction. METRO

Speaking local tongue

"Mi bringim bikpela tok hamamas bilong mejesti kwin Papua Niugini na olgeta haus lain bilong mi lon dispela taim bilong Diamon Jubili misis kwin. Mi tokpisin olrite?"

Prince Charles
Speaking in one of PNG's 800 languages, Tok Pisin, a type of Creole

"I bring you greetings from Her Majesty the Queen of Papua New Guinea and from all my family members during this celebration of the Diamond Jubilee of the Queen. Was my Tok Pisin correct?"

Translation of what the Prince of Wales said to a crowd of 5,000 in Port Moresby, Papua New Guinea

Metropolitan Panel

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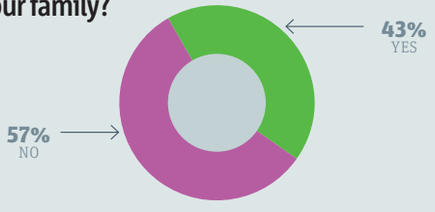

Twitter

@YusurAlBahrani: Stuck in the subway station for 45 mins! That's TTC. #Toronto

@un_ruli: @TTCing it's Monday people, calm down, we all know the #ttc needs to recover from the weekend. #fail

@BigTizzie23: I see a lot of people in #Toronto talkin bout go out and vote... whoever wins the election in America has nun 2 do wit us #JustSaying

@Sheilas_Cookies: #Toronto need to go to the apple store like damnnnn !!!

@JayzieTO: Hey #tocouncil, NO ONE wants a casino in downtown Toronto (cc: @PaulaFletcher30)

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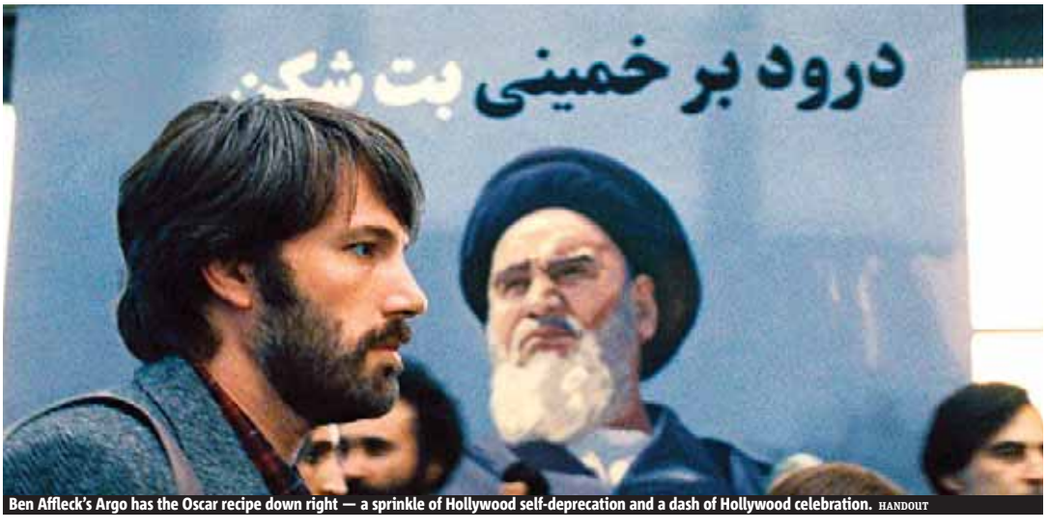
The movies that deserve some love from the golden statuette

Academy Awards. Metro's Hollywood correspondent Ned Ehrbar outlines his favourites for Oscar nominations



Ben Affleck's Argo has the Oscar recipe down right — a sprinkle of Hollywood self-deprecation and a dash of Hollywood celebration. HANDOUT

NED EHRBAR
Metro World News in Hollywood

It's never too early to start thinking about the Oscars. September marks the beginning of the season in which most of the contenders are released and we've already seen some strong candidates for the win. Here are the films I think will top every Academy member's list this year.

Argo

At this point, Ben Affleck's true-life CIA rescue thriller is pretty much a lock for a best picture nomination — and the odds-on favourite to win. The subject matter is Hollywood-friendly, poking fun at the industry while also making it heroic, and its continued box office success means it's also a popular favourite.

The Master

A likely nominee but a long shot to win, P.T. Anderson's drama suffers less from any uproar over its Scientology subtext — turns out there was no outrage — than it does from it generally leaving audiences cold. It's still a work of art, but one that won't break through with more crowd-pleasing competition.

Life of Pi

Ang Lee's ambitious, 3D behemoth is a bit of a question mark, but it will probably earn a nomination for sheer artistry. Whether audiences connect with its shipwrecked hero and animal companions, though, is yet to be seen. It could just as easily find itself facing the same uphill battle as...

Cloud Atlas

A big, messy, ambitious film that's guaranteed not to win best picture but deserves at least to be nominated, Cloud Atlas — which has so far divided critics and left audiences cold — will likely pick up a good share of technical nominations but miss winning in any of the name-brand categories, a proud tradition carried on by Inception in 2011 and Hugo in 2012.

Les Miserables

If it's about crowd-pleasing, this may give Argo its stiffest competition. Les Miserables features a rousing, power-to-the-people story, an all-star cast led by Hugh Jackman, The King's Speech director Tom Hooper and famous, tear-jerking songs. Yes, we hear the people sing.

Lincoln

Directed by Steven Spielberg. Written by Tony Kushner. Starring Daniel Day-Lewis as Abraham Lincoln. It's almost as if Lincoln was built in an Oscar bait lab. Of course, that's how Spielberg's War Horse appeared last year until people actually saw it. The difference is that Lincoln is good, and Day-Lewis is a lock for a best actor nod.

The Impossible

Depending how audiences respond, this true-life survival tale could also be tough competition for Argo. It's equal parts harrowing and uplifting, with a standout performance by Naomi Watts and a chilling recreation of the 2004 tsunami. Already a runaway success in the director's native Spain, we'll see if North Americans flip for it as well.

Beasts of the Southern Wild

While this gorgeous indie film about New Orleans bayou dwellers battling a hurricane is expected to sweep the Film Independent Spirit Awards, it's a bit more of a long shot for an Oscar nod — but a deserving one. Maybe the devastation of Superstorm Sandy will boost its relevance.

Silver Linings Playbook

This one has also been earning raves at festivals for director David O. Russell (The Fighter) and actors Robert De Niro, Bradley Cooper (as a man with a mental condition) and Jennifer Lawrence (as the woman who helps him), who has a lot of best actress heat building around her.

Skyfall

A Bond film as a best picture nominee? If ever there was a chance, it's with this one. And after all, the best picture category was expanded specifically to make room for smartly made action films like this. It's a shame The Dark Knight Rises didn't live up to its predecessor, or it might be on the Academy Award nomination list instead.

On the other side...

Animated films vie for Oscar glory

Brave, Wreck-It Ralph and Rise of the Guardians are among the animated features angling for an Oscar nomination. The motion picture academy said Friday that 21 films have been submitted for consideration in the Academy Awards' animated feature category. Dr. Seuss' The Lorax, Frankenweenie, Ice Age: Continental Drift and ParaNorman are among the high-profile movies vying for one of five nominations.

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Lights, camera, action!

It's the question we've all been pondering from the second we heard that three more Star Wars movies were planned: Who will direct them? Here's a wish list, or a wouldn't-it-be-cool list, because a lot of the people here are tied up with franchises of their own

THE ASSOCIATED PRESS

J.J. Abrams

The most obvious choice, really. His sci-fi bona fides were already beyond reproach, and he solidified them with his re-imagining of the Star Trek franchise in 2009. His sequel Star Trek Into Darkness is due out next year.

Jon Favreau

He's a massive Star Wars fan and is extremely knowledgeable about Lucas and his life. He's also shown he can manipulate the kind of massive machinery it takes to make a blockbuster with the hugely successful Iron Man movies.

Peter Jackson

Sure, it makes sense. He's directed the Lord of the Rings trilogy — a massive franchise with a rabid fan base. But the last of his three Hobbit movies comes out in 2014. He might already be kinda wiped out at this point.

Sam Mendes

This might seem an odd choice until you see Skyfall. And you really should see Skyfall this weekend. But the American Beauty director said making a James Bond movie left him "knackered," so who knows whether he'd be up to it.

Kathryn Bigelow

She's just a bad-ass; a pioneering female action director. She proved she had a way with big, splashy set pieces with Point Break and became the first woman to win the best-director Oscar for The Hurt Locker.

Joss Whedon

Like Abrams, he has cultivated a well-deserved and loyal following among sci-fi fans between Firefly and Serenity, but he catapulted himself into a whole other stratosphere with last summer's hit The Avengers.

Christopher Nolan

Dark Knight. 'Nuff said.

David Fincher

A hugely confident, virtuoso filmmaker mostly known for drama, but his remake of the Swedish hit The Girl With the Dragon Tattoo was epic, and The Social Network and The Curious Case of Benjamin Button showcased his mastery of special-effects.

Matthew Vaughn

His film Kick-Ass was exactly that, a lively, funny tale, while X-Men: First Class was one of the better-reviewed films in the series. Before that, his debut film Layer Cake showed an instinctive ability to create tension.

Guillermo del Toro

The ingenious maker of Pan's Labyrinth and the Hellboy movies has a visual style that's so wonderfully weird and inspired, it would never be allowed in such a structured setting. But it would be wondrous to watch.

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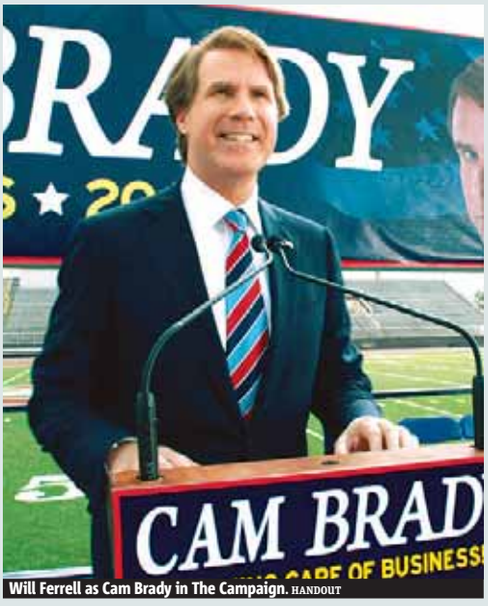
DVD review

The Campaign

Director. Jay Roach

Stars. Will Ferrell, Zach Galifianakis



Will Ferrell as Cam Brady in The Campaign. HANDOUT

Stop me if you've heard this. A Democratic incumbent plans to sleepwalk toward re-election over an accident-prone Republican challenger. He's jerked into action when the challenger suddenly finds an audience. It's not Obama vs. Romney but rather Will Ferrell vs. Zach Galifianakis, in a bumptious political satire that seems closer to reality than it did upon its release last August. Ferrell's oily Cam Brady is a slick operator, expecting an easy fifth win as a North Carolina Democratic congressman. That's until a sex scandal and other embarrassments dim his star. Galifianakis' Marty Huggins is the coddled and geeky son of a Southern land baron (Brian Cox), who enters the race as a no-hope candidate but turns out to have more bite than the pugs he hugs. Jay Roach directs with the fart-joke sensibility of his Austin Powers series, which means the comedy doesn't cut deep or sharp. But he knows how to set up a good laugh — watch for a cameo from a certain famous pooch. Ferrell brings the same dumb charm he employs for his popular George W. Bush parody. He's well matched with Galifianakis, who pushes past the creepy doofus routine he's driven into the ground. With Dan Aykroyd and John Lithgow as sleazy money men seeking to rig the election and Dylan McDermott as a brutal makeover artist, the film is never short of star yuks – or of parallels to the current U.S. Presidential election. This may turn out to be a lot funnier than what happens on Nov. 6. Extras include deleted scenes, Line-O-Rama improv and a gag reel.

PETER HOWELL

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Kristen Bell ALL PHOTOS GETTY IMAGES

Oh baby Bell! Kristen's carrying

They may have vowed to put off tying the knot until same-sex marriage is legal again in California, but engaged couple Kristen Bell and Dax Shepard are reportedly not waiting to start a family. Sources tell People magazine that Bell is pregnant with their first child, due in the spring. "They're so excited — they're both ecstatic. They can't wait to become parents," the source says. "Kristen had a little bit of morning sickness early on, but she just started shooting the second season of House of Lies and is feeling great now."

Bynes: I wasn't naked at the fake 'n' bake

Amanda Bynes

Amanda Bynes is standing firm with her assertion that In Touch magazine's story about her parading naked around a New York tanning salon is bogus. "I'm suing In Touch for printing a fake story. I'm not 'troubled,' I don't get naked in public. I'm 26, a multimillionaire, retired. Please respect my privacy," Bynes tells Us Weekly. And it appears the tanning salon is backing up her claim. "Employee testimony and security footage have confirmed that Ms. Bynes was not acting inappropriately," Beach Bum Tanning CEO James Oliver says in a statement. "She is a long-time client and we stand by her account."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Britney Spears: The blond Jane Austen

THE WORD
Dorothy Robinson
scene@metronews.ca

There's a trend in book publishing where a superstar gets paid buckets and buckets of cash to 'write' a book and people actually read it thinking it's the fruit of their favourite celebrity's labour (see: Snooki, Lauren Conrad, Bethenny Frankel and the Kardashian sisters). The latest to join their ranks? Britney Spears, who is reportedly in talks with It Books. That's according to The Hollywood Reporter, which writes, "Britney Spears is close to signing a book deal ... with plans to write a novel.... The story would incorporate fictionalized versions of her own experiences."

Her own experiences and not, say, a supernatural teen romance? Actually, Spears' life — spawning with a back-up dancer from Fresno, Sam Lufti, shaving her head, being under the conservatorship of her father — is on the level of Shakespeare (you know Lady MacBeth would be a former Mouseketeer if Macbeth were written nowadays).

Write from the heart, Britney! Don't let your underpaid ghostwriter tell you what's what!

But in all honesty, you know if Spears wrote from the heart, the whole book would typed in Wing Dings.

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- Compensation is up to $2,000 for completing the entire study.

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- Group 2 Caucasian Males and Females 18-55 years of age.
- Study starts on Wednesday November 28, 2012
- 4 sessions with 3 returns per session.
- Compensation is up to $2,000 for completing the entire study.

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Staying winter wonderful

Personal care. Do you have flaky skin, a voracious appetite and zero motivation to hit the gym? You're not the only one

ROMINA MCGUINNESS
Metro World News

Look familiar? CONTRIBUTED

YOUR SKIN ISSUE

Your skin is dry, itchy and sensitive. You apply layer upon layer of moisturizer in a desperate bid to make it feel soft again.

What's going on?
Winter winds and low humidity levels can physically damage the skin barrier — its natural ability to protect itself from environmental insults and maintain adequate hydration. And with age, our body loses the ability to maintain moisture. The result? Skin feels dry, flaky and itchy.

How you can fix it
Get your skin barrier in the best shape possible, says Joshua Zeichner, a dermatologist in Manhattan.

"Thicken up your moisturizer. If you use a light lotion, switch to a heavier cream or ointment. If your skin is irritated, use a cortisone cream to reduce the inflammation."

Besides water content on the skin, you have natural oils that help maintain the skin barrier. But these are easily stripped away.

"People like to take very warm showers when it's cold. They also think it's OK to over exfoliate the skin to remove dry patches. But the combination of hot water and rough scrubbing will strip the skin of its natural lubricating oils," warns Zeichner.

Instead, take short lukewarm showers and pat (don't rub) the skin.

YOUR FITNESS ISSUE

You wake up in the morning and it's cold and dark. You come home at night and it's cold and dark. Go for a run in the rain? You've got to be kidding!

What's going on?
You want to curl up on the couch, not exercise. And the last time you cycled to the gym you got caught in a snowstorm. And you practically had a mud bath going for a run in the park.

How you can fix it
"It takes your body a little bit longer to warm up when it's cold out. Your circulation is limited, therefore the range of motion in your muscles will suffer. You'll just feel like you're moving slower than usual," Ashley Conrad, personal trainer to Hollywood movie stars Bradley Cooper and Kate Hudson, tells Metro.

Her trick? Exercise first thing in the morning.

"Wake up and workout," says Conrad. "If you can't function on an empty stomach, have a lactose-free (to avoid bloating) whey protein shake. It gives you a boost without making you feel full."

But according to celebrity trainer Harley Pasternak — whose clients include Rihanna and Lady Gaga — maintaining a stable weight year-round is crucial.

"Don't let your weight yo-yo. The last thing you want is to fatten up in winter and try to lean out in the summer."

YOUR DIET ISSUE

You're convinced all that shivering in the cold is helping you burn off thousands of extra calories. Therefore, that second chocolate bar doesn't count. Then why can't you get in your jeans?

What's going on?
During the winter, cold foods like salads don't provide us with the same satisfaction as richer, heartier foods. We're more likely to crave something we feel warms us up.

How you can fix it
"Temperature does have an effect on how many calories we burn. Just think about how much you physically shake when you're outside," says Kristin Kirkpatrick, nutrition advisor and wellness manager for the Cleveland Clinic Wellness Institute.

But do we need to eat more to compensate for these few times when we're cold? Her answer is no. "Most of us rarely find ourselves in a situation where we lack the resources to warm our bodies up."

The solution? Stay active.

"If you do the same amount of exercise as in the warmer months and you're burning more calories generating heat — then yes, you may need to eat more to maintain your weight."

Top 3 winter investments

1 Performance workout gear: Choose apparel that really locks the heat in so that regardless of what temperature it is outside, your body stays warm.

2 A humidifier: The heat coming out of heaters can really dry out your skin, but this will help put the moisture back into the air.

3 A set of dumbbells: So you can train at home if you can't make the gym. Do lateral movements that don't require much space such as push ups and lunges.

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Nanny angels help moms with cancer

Volunteering. Network of Toronto professional child-care workers are connecting with families affected by the disease

CELIA MILNE
Metro World News

Yalenka Diaz, a young mom in Toronto, was only 31 when she was diagnosed with breast cancer.

It was very difficult to go through the exhaustion and anxiety of three breast surgeries, chemotherapy treatments and radiation while looking after her two small children.

She discovered the Nanny Angel Network, which helps women with cancer look after their kids.

Diaz, who was separated from her husband, was diagnosed in 2008. At the time, her daughter Alana was two and her daughter Victoria was 11- months-old.

The Network sent a pre-screened nanny to her home several hours a day, when Diaz needed it most.

Yalenka Diaz, here with her two daughters, benefitted from the The Nanny Angel Network. PROVIDED

"It was an enormous relief," she says. "It really does feel like an angel is coming in the door."

The Nanny Angel Network, established in 2008, is the brain child of Audrey Guth, who is president of Diamond Personnel, a mother of four and a breast cancer survivor. Volunteers are professional child-care workers who have at least one year of experience.

The Network provides CPR and police clearance.

To date, the Network has helped 140 families in Toronto and the surrounding area.

"We would love to expand," says program manager Barbara Peters.

"We are looking for funders and donors so we can spread throughout the country."

"It means the world to us," says Diaz. "You trust your kids will be looked after while you look after yourself. To be well, to live."

Best Health

Know the risks of prostate cancer

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November issue of Best Health magazine, on newsstands now, we have a special section for men, and a guest column by Dr. Chris Watt, a B.C.-based doctor and sports medicine physician.

He explores many aspects of prostate cancer, including help for figuring out who is most at risk. Watt says there are two types of risk: avoidable and unavoidable.

Avoidable risk factors
Poor diet and lack of exercise. To mitigate those, eat less saturated fat and get more fibre into your diet. Exercise more and maintain a healthy body weight.

Unavoidable risk factors
Age (most prostate cancers are diagnosed after age 65) and ethnicity, says Watt, are two unavoidable factors.

"The disease is more common and more fatal in black (people), less common in white (people) and the least common in Asians."

Family history is another. Risk is much higher if you've had two or more relatives diagnosed, and particularly high if your father or brother was diagnosed younger than 65.

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APOTEX
ADVANCING GENERICS

Jazzed-up rice pilaf makes side dish the main event

This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This wild-and-brown-rice pilaf with dried fruits and pecans is amazingly versatile. I serve it as a side salad at meals, put it on a buffet table or use it to stuff roasted chicken or turkey. Very little oil is needed because of the flavours in the salad.

1. Combine the wild and brown rice with the stock in a saucepan. Bring to a boil. Reduce the heat to a simmer, cover and cook for 35 to 40 minutes, or just until the rice is tender. Drain off the excess liquid. Place the rice in a large serving bowl and set aside to cool.

2. Stir the pecans, green onion, cranberries, apricots and cilantro into the cooled rice.

3. Whisk the olive oil, juice concentrate, lemon juice, soy sauce, vinegar, sesame oil and garlic together in a small bowl. Pour the dressing over the salad and toss to coat.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 3/4 cup wild rice
- 3/4 cup brown rice
- 4 cups vegetable or chicken stock
- 1/2 cup chopped pecans, toasted
- 1/3 cup chopped green onion
- 1/3 cup dried cranberries
- 1/3 cup dried chopped apricots
- 1/3 cup chopped cilantro or parsley
- 1 tbsp olive oil
- 1 tbsp orange juice concentrate, thawed
- 1 tbsp freshly squeezed lemon juice
- 2 tsp low-sodium soy sauce
- 2 tsp raspberry or balsamic vinegar
- 1 1/2 tsp sesame oil
- 1 tsp minced fresh garlic

Health solutions

Get squashed this winter

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Squash and zucchini are from the same family. Did you know that? We think of zucchini as a pulpy cousin of cucumber rather than the summer version of squash.

Winter squash varieties are the mature fruit (yes, fruit) of the same vine-grown side dish.

The key difference is the seed size and edibility, plus whether or not you eat the skin. Winter squash varieties range from butternut and acorn to Hubbard and pumpkin.

Visit a farmers' market and enjoy shapes and sizes that will dazzle your eyes and your tongue.

Cooking is simple. All varieties can be halved, scooped of seeds, roasted until soft and cut side down in a roasting pan with a 1/4 inch of water. Flip the cut side up for the last 10 minutes and brush with butter or oil and a dash of cinnamon and garlic.

It couldn't be simpler to add to your diet. A single cup of the stuff includes approximately:

- **23 per cent of your fibre needs**
- **214 per cent of your vitamin A needs**
- **33 per cent of your vitamin C needs**
- **14 per cent of your potassium needs**

For a fun option, pick up a spaghetti squash and bake it whole for about an hour. Slice and scoop out the seeds and then pull threads with a fork from the skin and drizzle with extra virgin olive oil, fresh minced garlic and grated Parmesan cheese. Who needs all the carbs of pasta?

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Is it rude?

Feeling at home with my friend's fridge

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit
charlesmacpherson.com

Dear Charles the Butler: When I go to my best friend's home, I never hesitate to go into their refrigerator and help myself to get something to drink. My husband says that this is absolutely not done and is rude and I must stop. I grew up in a big family where this was normal. What do you think?

I'm sorry to say, but I am definitely on your husband's side on this one. A best friend who you see all of the time is one thing, but going into their refrigerator and just helping yourself is plain wrong. What if you eat something they are preparing for dinner later that night? What if you eat something that is a leftover that they are saving for a midnight snack?

Even though my mother has never said no to me, and I haven't lived at home for the last 25 years, I still always ask if she minds if I can have something — food or beverage — from her refrigerator.

I want to make sure my mom isn't saving the food for anything.

For me, it's just a matter of politeness.

Being casual with a friend's fridge is not polite. ISTOCK

No such thing as a joint RRSP account

Alison on money.
Best not to bank on this advice

YOUR MONEY
Alison Griffiths
money@metronews.ca

I have just uncovered a dastardly plot. Here's how it unfolded.

A recently married couple in their late 30s happened to be doing some banking together. The financial advisor at the branch where they both had accounts made a suggestion.

She recommended they merge their RRSPs in order to save on administration fees.

But there is no such thing as a joint RRSP account.

There are spousal accounts opened by the higher income earner. Deposits are made for the benefit of the person whose name is on the account and the contributor gets the tax deduction. After a little digging, the light dawned. Turns out the wife has an RRSP at the branch level of the bank. As is the case with most such investment accounts, she is only able to invest in the bank's own mutual funds and GICs.

The husband has his RRSP at the brokerage arm of the bank and has access to virtually all investments, including exchange traded funds (ETFs), mutual funds, stocks and bonds.

The bank advisor wants him to transfer his brokerage RRSP to the bank.

But the result for the husband would be moving from lots of choice to little choice.

And if he owns anything but the bank's own mutual funds, he'll have to sell them and reinvest in funds recommended by the advisor.

He might also end up paying deferred sales charges on mutual funds purchased in the last six years and/or trading fees. And he won't save a dime on administration fees.

All of this is very good for the advisor — increased client base, more fees and higher profits for the bank on products sold.

Be careful if a financial advisor recommends merging RRSPs in order to save on administration fees. ISTOCK IMAGES

But it is very bad for the husband.

This couple is contemplating the advisor's suggestion because they want to simplify their finances. But they don't really understand the recommendation or the ramifications. I understand they want some financial guidance, but investment advice at the branch level is really just sales.

The couple will receive boilerplate type recommendations and no independent analysis.

Instead, I suggest they move her RRSP to the brokerage and spend the next little while educating themselves about investing while looking for an independent, preferably fee-for-service, advisor.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Gross national happiness

Is frugality a measure of happiness?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I attended the Banff Mountain Film and Book Festival last Thursday evening and had the privilege of hearing David Suzuki speak.

Suzuki shared the floor with Dasho Kinley Dorji, secretary of communication and information for the Himalayan country of Bhutan. The subject of their discussion was to understand Bhutan's movement away from economic measures like Gross Domestic Product (GDP), used to determine the productivity and success of a country, toward Gross National Happiness (GNP), how content and fulfilled the people of Bhutan truly are.

What became clear during Suzuki and Kinley's discussion was that in Western society we spend a significant amount of time producing, earning and buying more, but, generally speaking, striving for more money and fancier possessions doesn't make Westerners happy.

According to Kinley, happiness is found in being content, whatever a person's context is.

Suzuki elaborated by reflecting on lessons from his upbringing. For example: Live within ones' means, avoid wastefulness, find value in non-material aspects of life like maintaining one's culture and investing in relationships, consider the future for yourself and others and find contentment in what we have rather than over-consuming in the hopes of filling voids of happiness in our lives.

Their comments can be directly correlated to frugal living and commitment to environmental sustainability. Additionally, studies of North Americans have shown that frugality is linked to lower levels of stress and anxiety, ultimately contributing to a happier life.

Adjust your lifestyle to avoid layering on unnecessary debt and stress. ISTOCK IMAGES

Want greater happiness for your life? Take Suzuki and Kinley's advice.

Right-size your lifestyle to your budget. If you're going broke just to keep up with the Jones's, stop. Adjust your lifestyle to avoid layering on unnecessary debt and stress. This might mean moving to a smaller home or driving a less expensive car. Living within your means involves sticking within a budget and spending less than you make.

Be resourceful. Find ways to conserve energy and reduce waste. For example, walk rather than drive or buy high quality used furniture that doesn't break. Find ways to stretch out the lifespan of products you use and when you're finished with them, recycle.

Focus your time and money on things that truly matter. Over-consumption won't make you happy, so focus your efforts on preserving your environment, investing in relationships, and building a secure financial future; all of which will allow you to create a fulfilling life.

Though happiness isn't measured nationally here in Canada, perhaps we should adopt it on a personal level. What does happiness mean to you?

Follow Lesley on Twitter @LesleyScorgie

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NEW WAY OF THINKING

MBA CAN BOOST YOUR CAREER IN SPORTS, ARTS OR HEALTH CARE

ISTOCKPHOTO/THINKSTOCK

Earning an MBA is an obvious way to advance your career in business, but it can also boost your career in sports, the arts or health care.

Hugh Munro, director of the MBA program at Wilfrid Laurier University, says the qualification can be pivotal for someone with a head for business and a heart for something like health care. An MBA brings a financial and business discipline that can be partnered with specialized training in the sector.

"We see it in lots of hospitals and not-for-profits who face a challenge of broadening mandates and a need to find funding that is often scarce," he says.

The skills learned in an MBA also help those who need to manage big, mixed groups of employees and volunteers. Munro says one star graduate ran the National Ballet School before taking a post leading the Banff School for the Arts.

"People executing those mandates have to find a way to position the arts, to partner and collaborate, and when you're doing that, you're typically working with businesses," he says.

The MBA lets them see the business perspective and show companies how supporting the arts could help them be a good corporate citizen.

People holding government jobs managing big budgets and delivering broad, highly scrutinized service mandates can also benefit from an MBA. "The MBA helps people work through those kinds of challenges. It brings a different way of thinking about things," Munro says.

Chris Lynch, director of recruitment at the MBA program at the University of Alberta's School of Business, says the degree can be partnered with training in medicine, law, engineering, pharmacy and agriculture for a joint qualification.

Some of his graduates work in the arts or sports sectors, including graduates working for Alberta Soccer, pro sports teams and as agents for athletes. The MBA has 11 core courses and eight electives focusing on the specific discipline.

"The one thing the MBA will do is cover off a lot of the general management skills and give you a very good idea on how to look at the bigger picture and see what the organization is facing," he says. "It also gives you a good grounding in the basic fundamentals of how to make better decisions in the organization."

Lynch says if you are wondering if an MBA could help you in your field, talk to someone already working in that sector and to people at the MBA program.

– Jon Tattrie

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Anupama Dawson (IMBA '12)
Senior Business Analyst
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Schulich School of Business, 4700 Keele Street

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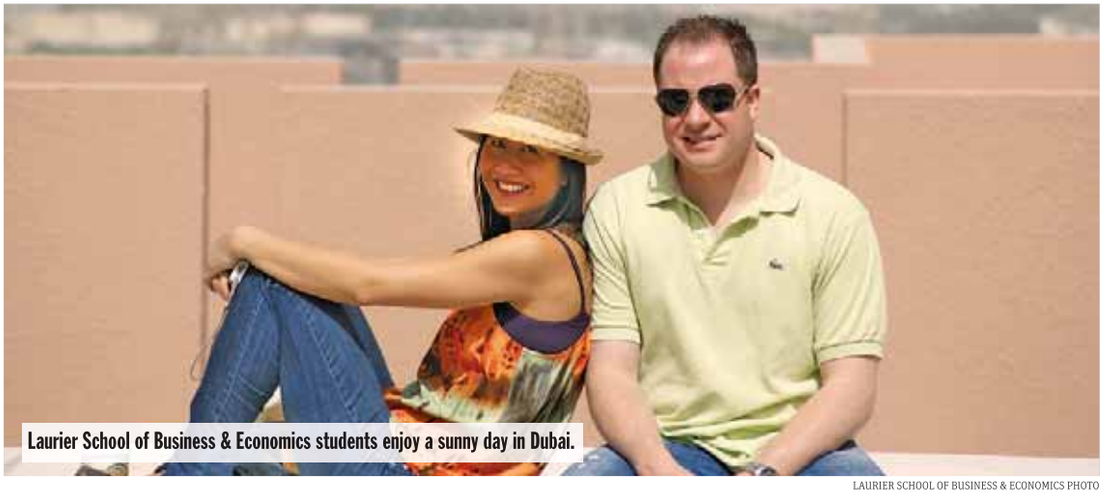
Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#16 in the world); *Forbes* (10th best non-US school); *Bloomberg Businessweek* (9th best non-US school); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and *Expansión* (#20 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by *The Economist*, *Forbes*, The Aspen Institute and *Expansión*.



Laurier School of Business & Economics students enjoy a sunny day in Dubai.

LAURIER SCHOOL OF BUSINESS & ECONOMICS PHOTO

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Your first term of study will be based out of Laurier's campus in Waterloo. The focus here will be mature markets, like North America's, markets where growth rates aren't strong. However, all the course materials you use will be considered in terms of their effectiveness, not only in these mature markets, but in other markets around the world. In addition to in-class work, you will be part of a team project, working directly with the local operations of a global organization.

Your second and third terms will be spent abroad. Term 2, held in the United Arab Emirates (UAE), continues the study model established in Term 1, but shifts the focus to transitioning markets from mature markets. Term 3, held in Mumbai, India, focuses on the challenges of doing business in a rapidly developing economy.

Graduates of the year-long international MBA will have a resumé other MBA graduates cannot duplicate. In addition to the core skills and knowledge possessed by their competitors, they will boast a unique set of soft skills: An awareness of the etiquette and cultural norms of foreign business environments. They will know how to deal with colleagues whose goals, values, and experiences differ from their own. Their insight and communication skills will be an asset in any international business situation.

The first international MBA class is expected to be between 30 and 50 students, about a third of whom will be Canadian. Tuition is $42,000, though interested candidates are advised to set aside an additional $12,000 to cover travel and accommodation costs.

Laurier's international MBA program begins May 2013, and the program is accepting applications now. Applicants must have an undergraduate degree, and should have a minimum of three years of business experience. For more, visit lauriermba.ca.

GAIN AN INSIGHT INTO BUSINESS

WITH SCHULICH SCHOOL'S MASTER OF SCIENCE IN BUSINESS ANALYTICS

JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

Not everyone with a math or engineering background has a head for business. If you are one of those who do, the Schulich School of Business has a program for you.

The Schulich School of Business, part of York University, now offers Canada's first master of science in business analytics. Designed for those with a strong grounding in engineering, computer science, statistics, or other math heavy disciplines, this masters' level science program is one of the few of its kind in the world.

The year-long (three-term) program is full time. Students are required to complete all core courses plus three elective courses and a major research paper. Courses cover all relevant aspects of the business analytics field, including project management, quantitative analysis, models and applications in operational research, and systems analysis and design.

Why business analytics?

"Because it is one of the most in-demand skill sets in industry right now," says Murat Kristal, PhD, associate professor, program director, master of science in business analytics. "Companies are capturing enormous amounts of consumer information, but there is a real shortage of highly specialized experts trained to analyze and identify the patterns, trends, and business insights to be found within it."

Kristal's statement is supported by a recent Forrester Research study, which identifies business analytics as the fastest growing category of global IT software expenditure, and by a McKinsey & Company report, forecasting a shortage of professionals in the field by 2018.

This year's program is already underway. Its students include Evan Garmaise, who enrolled having already earned an honours computer science degree from Princeton, and an MBA from Stanford.

"I joined the program to deepen my statistical tool kit, so I could help companies optimize their operations and win in the marketplace," Garmaise says. "But the program has greatly exceeded my expectations. Program administrators have crafted a custom curriculum for each student based on our career interests. I take about half of my courses in the math department, giving me the opportunity to develop key techniques, while business school courses round out the broader picture of operations management."

Business analytics continues to grow in both importance and influence, and you can be part it. The deadline to apply for next year's program is May 1, 2013. For information about admissions, phone 416-736-5050, or email admissions@schulich.yorku.ca.

To learn more about the Schulich School of Business' new master of science in business analytics, visit schulich.yorku.ca.

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This will be the hour that changes your life!

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12:00 p.m. | *All MBA formats*
5:30 p.m. | *All MBA formats*

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27th floor

5:30 p.m. | *All MBA formats*

Guelph Holiday Inn
601 Scottsdale Drive, Guelph
Wellington room

Thursday, November 15th

12:00 p.m. | *All MBA formats*
5:30 p.m. | *MBA with Co-op Alumni Studio*

Laurier's Toronto MBA campus
150 King Street West
Sun Life Financial Tower
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Wednesday, November 21st

5:30 p.m. | *Special Session for the International MBA*

Laurier's Waterloo Campus
75 University Ave W, Waterloo
Paul Martin Centre

Thursday, November 22nd

5:30 p.m. | *MBA with CMA Alumni Studio*

Laurier's Toronto MBA campus
150 King Street West
Sun Life Financial Tower
27th floor

Pre-registration is appreciated, but not necessary.

We look forward to seeing you there!

Contact Maureen for more information, mferraro@wlu.ca.

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50 YEARS OF EXCELLENCE

AT MCMASTER'S DEGROOTE SCHOOL OF BUSINESS

XXXXPHOTO-CREDITXXXX

McMaster University's MBA program celebrated its 50th anniversary this fall. That means a half-century of business excellence. Just ask the graduates.

"Earning my MBA was a great experience, and fun, too," says Diamond Watson-Hill, class of '94, and now director, strategic performance, for William Osler Health System. "Our program was small, close-knit — we got to know one another. Today, many of us are still friends.

"More importantly, the education I received at McMaster provided me with the basic analytical and financial management skills I now rely upon every day. It gave me practical experience, too, including co-op placements in Hamilton, Chatham, and Niagara Falls."

When Watson-Hill began her MBA, McMaster's Faculty of Business hadn't yet been renamed the DeGroote School of Business, (after Canadian entrepreneur and university benefactor Michael G. DeGroote). But it occurred soon after, in January 1992. With the new name came a new building. "And that was exciting," Watson-Hill remembers. "We had a home of our own."

This rechristening was the latest in a long history of advancements made by the university.

Having offered business courses since the 1930s, McMaster added its MBA program in 1962, established its Faculty of Business six years later, and, in 1973, added a co-op MBA as well. In September 2010, DeGroote opened its School of Business Ron Joyce Centre in Burlington.

New programs and new facilities have led to impressive figures. The salary of Degroote MBA graduates, for example, is typically 50 per cent more than they received before earning the degree. More than 600 MBA students are currently enrolled — 346 of them co-op students, and 14 per cent international.

DeGroote also boasts more than 5,000 MBA alumni. "The school makes you feel like you're still a part of things," Watson-Hill says. "That's one of the reasons I try to give back."

A former co-op student herself, Watson-Hill now employs current DeGroote School MBA students as paid interns. "Yes, they're an extra set of hands, but more than that, they provide us with a fresh perspective," she explains. "It's a real four-month job and it benefits us as much as it does them."

Next year will mark the 40th anniversary of McMaster's co-op MBA, and Watson-Hill plans to celebrate the best way she can — by taking on another DeGroote intern.

To learn more about recruitment at the DeGroote School of Business, visit mbarecruit.degroote.mcmaster.ca. You can also email mbainfo@mcmaster.ca, or phone 905-525-9140, ext. 27024.

A SOLID RETURN ON INVESTMENT

MBA AT RYERSON WON'T BURY YOU IN MOUNTAIN OF DEBT

RYERSON UNIVERSITY PHOTO

At Ryerson University, your education is a smart investment. The Ted Rogers School of Management at Ryerson University aims to provide you with the best business education available — without burying you beneath a mountain of tuition debt.

"Tuition fees and other related expenses for many business schools in the GTA are approaching six figures," says Murtaza Haider, PhD, associate dean of research and graduate programs at the Ted Rogers School of Management. "We don't believe an MBA should be priced so that graduates incur massive debts that could take them years to pay off. The Ryerson MBA offers a quality education, but our tuition is less than half that of the other top programs."

And that lower tuition leads to savings down the road. Graduates of the Ryerson MBA earn comparable salaries to graduates of other business schools, but do so without the need to pay off substantial student loans. This makes the Ryerson MBA's return on investment (ROI) the best in the Toronto region.

What do Ryerson MBA students receive in return? A state-of-the-art facility, located in the heart of Toronto, offering a range of innovative full-time and part-time programs. Some of these programs are unique in Canada, and all are taught by faculty who are standouts in their fields.

The Ryerson MBA offers a broad business management education with an international outlook. Designed to prepare you for a successful business career, it will provide you opportunities to collaborate with your fellow students, faculty, and industry leaders. Work placements and international exchange opportunities can enrich your experience further.

The Ryerson MBA program also offers several unique specializations in the management of technology and innovation, designed for professionals in need of both technology and management skills. In your second term, you will choose your specialization from a list that includes management applications in commercial real estate development, human resources, international business, information systems, media, marketing, retail, and supply chain.

The Ryerson MBA program will soon offer two new specializations — mining management, and business and customer analytics.

Toronto is a major hub for mining management professionals. The mining specialization will address, among other things, sustainability and corporate social responsibility challenges faced by that sector. The specialization in business and customer analytics will meet the growing demand for smart managers who are proficient in a data- and analytics-driven workplace. Ryerson will equip the next generation of managers with the training needed to become smart analytics users.

In as little as 12 months, you could earn the management credentials you need to compete successfully in the business world. You might even do it debt-free. To learn more about what the Ryerson MBA can do for you, visit ryerson.ca/mba.

TAILOR YOUR STUDIES TO YOUR LIFESTYLE

Enrol at Ryerson University's Ted Rogers School of Management, and you will have real-world business experience long before you graduate.

"What's really great about the Ryerson MBA program is that they give you the practical skills you need to go into the business world," says recent MBA graduate Connie Bannister. This preparation takes many forms. Partly it's the high quality of faculty at the Ted Rogers School — instructors who maintain close ties with the business world, and communicate their applied knowledge to the classroom.

Partly, too, it's the willingness of the Ryerson MBA to treat you as a mature partner in your own education. The Ryerson MBA is offered full time as well as part time, allowing you to tailor your studies to suit your lifestyle and commitments. And it may be completed in a short time — in as little as 12 months for full-time students, or 24 months for part-time students, meaning you will be able to enter the workforce quickly and begin applying all you have learned.

> **"WHAT'S REALLY GREAT ABOUT THE RYERSON MBA PROGRAM IS THAT THEY GIVE YOU THE PRACTICAL SKILLS YOU NEED TO GO INTO THE BUSINESS WORLD."**
>
> **– CONNIE BANNISTER, RECENT RYERSON MBA GRADUATE**

And what will you have learned? More than books alone can teach you.

In each of the first two semesters, you will take part in an "integrative week," in which you will be grouped with fellow students and tasked to solve a business case. Though addressed in a simulated environment, this case is real — presented by an industry partner. Students work in groups during the week and present their solution, in competition, to a panel of judges comprised of industry partners and academics.

Engaging and fun, integrative weeks challenge you to employ the analytical and team building skills you will need for a successful career in business.

You will get another chance to prove yourself in the last four months of your MBA. That's when you will undertake a paid internship in a practical business environment. While there, you will be presented with another problem to solve — this time with real-life stakes. You will write a major research paper, detailing your analysis, and perhaps, solution to that problem. There is no other opportunity like this for MBA students in the Greater Toronto Area.

One more piece of good news — this paid internship often turns into a full-time job for graduates. After all, if you help a business solve one problem, why shouldn't it give you the chance to solve more?

Connie Bannister

RYERSON UNIVERSITY PHOTO

To learn more about opportunities in the Ryerson MBA program, contact the recruitment team at 416-598-5925, or email at mba@ryerson.ca.

THE MBA TOUR PHOTO

GET FEEDBACK YOU NEED AT MBA TOUR

"Can an MBA help me achieve my career goals?"

"Which business schools offer programs best suited to me?"

"What are these schools are looking for? And do I have it?"

Get the answers you need by attending an upcoming MBA Tour event near you.

"The MBA Tour is for serious candidates wanting more information about masters programs from top business schools — information not found on school websites," says Peter von Loesecke, CEO and managing director, The MBA Tour Inc. "It offers you opportunities to discover what a graduate business program can do for you."

The MBA Tour's panel sessions and presentations will help you select a university suitable to your needs, lifestyle, and career goals. Conducted by representatives of the business schools themselves, these forums give you a chance to interact directly with the men and women behind the admissions process. Not only will you learn about schools, you will learn how to package yourself as a highly desirable business school candidate.

"My advice is simple," Von Loesecke says. "Ensure that the programs you learn about at our event are the ones that can help provide the opportunities you're looking for upon graduation."

The MBA's Tour's advisory board makes that easier — screening schools ahead of time to ensure you receive top-quality information from the best sources. This is your chance to get the feedback you need.

The MBA Tour stops at the Metro Toronto Convention Centre, South Building, on Saturday, Nov. 10, between 11:30 a.m. and 5 p.m. To learn more about the event, visit thembatour.com.

TAKE YOUR EDUCATION GLOBAL WITH VIU

At Vancouver Island University (VIU), students can take their education global without leaving the classroom.

"We offer a dual degree program, where students receive an MBA degree from Vancouver Island University and a master of science in international business degree from the University of Hertfordshire, a public university in the U.K.," says Brock Dykeman, director, MBA programs for Vancouver Island University.

"The whole program has an international focus."

This dual Canadian/British program is designed to prepare students to become managers in Canadian businesses.

These businesses are operating in an increasingly global business world, where the company may be foreign owned, or the business may be export or import based, and the workforce may have come from many different countries.

"International business is the real focus of our program and students will be studying with students from around the world," Dykeman says.

For non-business graduates, the program is 12 to 14 months in the classroom, or 10 to 12 months for business graduates.

The course work is followed by a four-month internship, which can be done anywhere, including returning to your current employer.

VIU offers small class sizes and close relationships to professors.

For more about the MBA programs available at VIU, visit viu.ca/mba, or contact Brock Dykeman at brock.dykeman@viu.ca or 250-740-6178.

VANCOUVER ISLAND UNIVERSITY PHOTO

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An MBA from McMaster's DeGroote School of Business prepares graduates to meet challenges and seize opportunities. DeGroote graduates are market ready.

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mba.degroote.mcmaster.ca

DeGroote SCHOOL OF BUSINESS

McMaster University

Boomer bosses: The how and the Y

Work with me.
Managing the expectations of two very different generations

YLVA VAN BUUREN
life@metronews.ca

Gen Ys need constant praise, right? Blow up that stereotype by saying you are looking for feedback so you can constantly get better. ISTOCK

For generation Y workers, understanding and managing the expectations of baby boomer bosses is becoming as important these days as having the skills to do the job. Here's a look at what baby boomers watch for in the workplace.

Put in face time
The tendency, because of technology, is for gen-Ys to do their work fast, says Antoine Gaber, a Toronto-based film producer of It's All About Me, a documentary that examines the broad differences between gen-Ys and baby boomers. "Regardless, baby boomers expect employees to stay and work in the office."

Understand business etiquette
Nine to five still exists, and it's important to dress appropriately for the office (not necessarily jeans every day).

"Don't expect instant camaraderie with your boomer boss," says Lauren Friese, founder of TalentEgg. "They expect a certain level of formality and respect."

It's my way or the highway
Baby boomers are very ego centric and expect others to have the same work ethic and work the same hours, says Donna Stevenson, owner of the recruitment firm Boomer Match to Business (bm2b.ca).

Boomers were raised in an environment where you work hard and pay your dues and then you go up the ladder, adds Gaber.

Respect experience
Says Stevenson: "Look around the business and look at what boomers are doing and which ones interest you the most in terms of career development. Then, approach them for mentoring."

Respect my decisions
"Baby boomers value respect for their knowledge," says Gaber. Be careful about saying things like, 'This is wrong' or 'It'd be faster if you do it this way,' advises Friese. "Sit quiet, learn how the organization does what they do inside and out and then suggest change."

Follow the rules about getting ahead.
"Instead of expecting quick raises or promotions," says Friese, "talk about compensation being based on merit."

Share your tech expertise
Gen-Ys can help boomers with technology, especially social media. "There's an opportunity for gen-Y to say, 'You have this skill that I'd like and I have this skill, so let's do reverse mentoring,'" says Stevenson.

X, Y, see!

"Boomers are almost 50 per cent of the workplace today and by 2020, they'll be down to 20 per cent, while gen-Y will have doubled. Gen-X will only be one-third the size of either one of these generations, and gen-Ys will be growing at twice the rate as gen-Xs"
Donna Stevenson
Boomer Match to Business

Translation

What boomers meant when they said...

"If you go to school and get a diploma, you'll have a good career, be able to make money and start a family."

What they meant: We really just want to protect your self-esteem as you grow up.

The result: Gen-Ys have high expectations of their work. But when they get into the workplace, there's lots of competition and baby boomers still expect all employees to put in their time.

"Gen-Y, you're so fast, you know the technology, and you have great ideas!"

What they meant: You can never get too much encouragement ... but the workplace is different. Even with a diploma, you've got to work from the bottom up. Only working hard and putting in hours will show that you're smart and capable.

The result: There's a clash in the workplace between the attitudes and ideals of these two groups.

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this is my time.

– David Marrello, Finance,
Schulich School of Business, 2015

SPORTS 4

NHLPA source says plenty of hurdles exist in negotiations

Lockout. Union still needs to see willingness from owners to pay contracts in full, says anonymous player

With optimism rising that a deal to save the NHL season could be within reach, a player on the NHLPA bargaining committee told Torstar News Service the sides were still quite far apart.

The player, who requested anonymity, said the league still hasn't put anything on paper regarding what appears to be the make-or-break issue: that owners pay players their salaries in full.

"If the league wants to take responsibility (for player contracts) in this 'make whole' thing, then we have something to talk about," the player told Torstar News Service.

"We'll see. We've seen a lot of b.s. in this process so far. If the owners do take responsibility, then there's movement. But the way this thing has gone so far, we (the players) wouldn't be surprised if they don't.

Quoted

"If this round is serious and if it's not successful, then you really are looking at some version of Armageddon ..."

Queen's University labour lecturer and former management-side negotiator George Smith on the importance of this week's NHL negotiations

"Right now, there's nothing on paper. Hopefully (Tuesday) we see something on paper and we go from there."

As talks to save the NHL season reach a critical stage — the sides were set to meet Tuesday in New York — the fact bigwigs have kept a low profile with no shots of rhetoric aimed across each other's bow had been seen as a sign of hope.

"I think that's the first positive sign that there's some movement towards trying to find a solution, that maybe something could be done without costing the season," said Buzz Hargrove, former president of the CAW and ex-ombudsman of the NHLPA.

"I can see talks are more urgent," said George Smith, a labour lecturer at Queen's University and former management-side negotiator. "They've each fired off their cannons. Players are in Europe. The owners cancelled the Winter Classic.

"It's like: 'Wow, we've run out of ammunition. We better see if we can do this.'"

TORSTAR NEWS SERVICE

Nestor, Mirnyi win opening match at ATP finals

Toronto's Daniel Nestor, left, and Max Mirnyi of Belarus play a return during their doubles match against Robert Lindstedt of Sweden and Horia Tecau of Romania at the ATP World Tour Finals on Monday in London, England. The match lasted one hour 36 minutes, with the No. 2 seeds Nestor and Mirnyi saving a match point in the tiebreaking third set to win 4-6, 7-6 (1), 12-10. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

CFL. Legendary coach Matthews battling cancer

Don Matthews, one of the CFL's most successful head coaches, says he has cancer in his lymph nodes.

Matthews released a statement Monday saying he will not be participating in any of the festivities surrounding the 100th anniversary of the Grey Cup as he prepares for his fight with the disease.

"I've got this and I'm dealing with this. But I want everyone to know I plan to fight like hell and I intend to be playing golf at this time next year," Matthews said in the statement released by the Toronto Argonauts.

"I wish everyone well as the 100th Grey Cup is celebrated and am sorry I will not be there with all of you as I focus, with my wife Stephanie, on my immediate battle off the field."

Matthews was a head coach for 22 seasons in the CFL between 1983 and 2008, compiling a 231-133-1 record with B.C., Toronto, Saskatchewan, Baltimore, Edmonton and Montreal. He has won five Grey Cup rings as a coach.

THE CANADIAN PRESS

Don Matthews talks to members of the media while with the Argos in October 2008. TORSTAR NEWS SERVICE

MLB. Ortiz hoping to be part of solution in Boston

David Ortiz got what he wanted a lot easier than he ever expected.

Ortiz, the face of the Red Sox since helping Boston end an 86-year World Series drought in 2004, finalized a $26-million, two-year contract on Monday, a deal that could be worth up to $30 million if he avoids another significant Achilles-tendon injury next year.

The soon-to-be 37-year-old had expressed his preference for a two-year deal the past two seasons. The club decided that keeping him and agreeing to his desire was a good first move this off-season.

"I don't think there was any doubt," he said during a Fenway Park news conference. "They approached me this year and our negotiation this year was easier than ever. They know what they were looking for. There wasn't even ever a back-and-forth situation. It was pretty much, 'This is it and let's agree with it.' They know the pieces they need to put together to be successful this year."

Ortiz gets a $1-million signing bonus payable on Jan. 15 and salaries of $14 million next season and $11 million in 2014.

THE ASSOCIATED PRESS

Quoted

"I'm a person that likes to get prepared for a challenge ... It's very painful to see what we went through this season."

Red Sox designated hitter David Ortiz

NBA

Knicks make it a 3-0 start to season

Carmelo Anthony scored 21 points and J.R. Smith had 17 to lead the New York Knicks to a 110-88 win over the Philadelphia 76ers on Monday night.

Raymond Felton scored 16 points and Tyson Chandler had 14 to lead the Knicks to their first 3-0 start since the 1999-2000 season. The Knicks beat the Sixers 100-84 on Sunday in the opener of the home-and-home series. THE ASSOCIATED PRESS

Knicks guard J.R. Smith dunks on Monday in New York. THE ASSOCIATED PRESS

NFL

Pagano's doctor says leukemia is in remission

Colts head coach Chuck Pagano is winning his battle with leukemia.

On Monday, Dr. Larry Cripe, Pagano's physician, told The Associated Press that the illness, which has sidelined Indy's head coach for more than a month, was in "complete remission." Cripe said a morning exam showed Pagano's white-blood-cell count and bone-marrow tests were normal as he prepares to start a second round of chemotherapy.

THE ASSOCIATED PRESS

Bills' pass-heavy, shaky offence second-guessed

NFL. Buffalo's coach Chan Gailey comes under fire for going away from a usually potent running attack

Buffalo Bills running back C.J. Spiller isn't about to second-guess the offensive game plan or start lobbying for more carries.

"That's not my job description," Spiller said on Monday. "I don't have to sit around and mope and be mad and try to go upstairs and talk to the coaches."

Turns out, the NFL's leader in yards per carry doesn't need to stir the pot because others were doing that for him a day after the Bills' inconsistent offence lacked finish — and much of a ground game — in a 21-9 loss to Houston.

Coach Chan Gailey, an offensive-minded specialist, found himself on the defensive answering questions of whether he abandoned the run too early against the Texans.

Bills quarterback Ryan Fitzpatrick on Sunday in Houston.
THE ASSOCIATED PRESS

"I wish we could've run it more the other day, but it was one of those situations where we thought it best to throw the football," Gailey said. "And it didn't work."

He's right about that.

Having lost four of five, the Bills (3-5) hit their mid-season mark suddenly in jeopardy of falling completely out of the playoff picture, and face a daunting task of travelling to play at AFC East rival New England (5-3) this weekend. The Patriots have already beaten Buffalo 52-28 this season, and the Bills have lost 11 straight games at New England.

Gailey explained that the Bills stuck with the pass because of how the Texans lined up on defence in a bid to stop the run.

And yet, Spiller and co-starter Fred Jackson still combined for 60 yards rushing on 12 carries. Spiller also added five catches for 63 yards despite being on the field for only 26 of Buffalo's 57 plays on offence.

The 16 rushing attempts (including three by Fitzpatrick and one by Brad Smith) matched the fewest during Gailey's two-plus season term in Buffalo. And they were made by an offence that's statistically been among the NFL's best at getting its running backs involved this season.

"You always like running the ball, but I'm not going to complain about it," guard Andy Levitre said. "It was just part of the plan, I guess. I thought we'd run the ball more, but it just wasn't in the cards we were dealt."

Fitzpatrick's role in leading the offence is already being questioned.

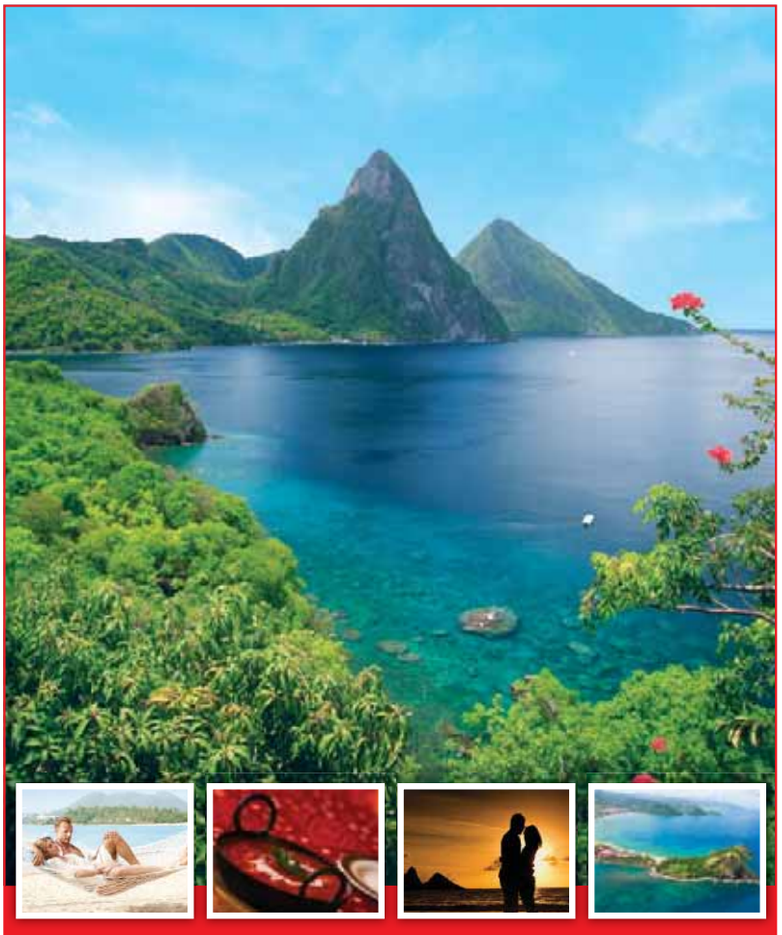
On Friday, general manager Buddy Nix suggested he intends to draft a quarterback to potentially compete for the starting job as early as next season.

THE ASSOCIATED PRESS

Run game forgotten?

The Bills attempted just 16 rushes — and only five in the second half — while Ryan Fitzpatrick completed 25 of 38 for 239 yards, while being held without a touchdown for the third time in four games.

Embarrassed to show your feet?



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NBA

EASTERN CONFERENCE

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Milwaukee	2	0	1.000	½
Orlando	2	0	1.000	½
Miami	3	1	.750	½
Brooklyn	1	0	1.000	1
Chicago	2	1	.667	1
Indiana	2	1	.667	1
Charlotte	1	1	.500	1½
Atlanta	1	1	.500	1½
Boston	1	2	.333	2
Cleveland	1	2	.333	2
Philadelphia	1	2	.333	2
Toronto	1	2	.333	2
Washington	0	2	.000	2½
Detroit	0	3	.000	3

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	3	0	1.000	—
Golden State	2	1	.667	1
L.A. Clippers	2	1	.667	1
Portland	2	1	.667	1
Houston	2	1	.667	1
New Orleans	2	1	.667	1
Dallas	2	1	.667	1
Memphis	1	1	.500	1½
Minnesota	1	1	.500	1½
Utah	1	2	.333	2
Oklahoma City	1	2	.333	2
L.A. Lakers	1	3	.250	2½
Phoenix	1	3	.250	2½
Sacramento	0	3	.000	3
Denver	0	3	.000	3

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Monday's results
Miami 124 Phoenix 99
Minnesota 107 Brooklyn 96
New York 110 Philadelphia 88
Utah at Memphis
Indiana at San Antonio
Portland at Dallas
Golden State at Sacramento
Cleveland at L.A. Clippers

Sunday's results
New York 100 Philadelphia 84
Toronto 105 Minnesota 86
Orlando 115 Phoenix 94
Atlanta 104 Oklahoma City 95
L.A. Lakers 108 Detroit 79

Tuesday's games
All Times Eastern
Toronto at Oklahoma City, 8 p.m.
Orlando at Chicago, 8 p.m.
Detroit at Denver, 9 p.m.

Wednesday's games
Phoenix at Charlotte, 7 p.m.
Washington at Boston, 7:30 p.m.
Brooklyn at Miami, 7:30 p.m.
Indiana at Atlanta, 7:30 p.m.
Memphis at Milwaukee, 8 p.m.
Orlando at Minnesota, 8 p.m.
Philadelphia at New Orleans, 8 p.m.
Denver at Houston, 8 p.m.
Toronto at Dallas, 8:30 p.m.
L.A. Lakers at Utah, 9 p.m.
Detroit at Sacramento, 10 p.m.
Cleveland at Golden State, 10:30 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.

Thursday's games
Oklahoma City at Chicago, 8 p.m.
L.A. Clippers at Portland, 10:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	8	5	2	0	1	23	15	11
Worcester	10	4	4	1	1	26	32	10
St. John's	11	5	6	0	0	24	34	10
Portland	8	4	3	1	0	34	29	9
Providence	8	3	5	0	0	18	23	6

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	9	6	1	0	2	33	17	14
Bridgeport	8	5	3	0	0	25	27	10
Connecticut	9	4	4	1	0	31	37	9
Adirondack	9	4	5	0	0	23	30	8
Albany	8	2	5	0	1	15	20	5

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Norfolk	8	6	2	0	0	30	21	12
Syracuse	8	5	1	1	1	29	26	12
Binghamton	9	4	4	1	0	22	27	9
Hershey	9	4	4	1	0	26	26	9
W-B/Scranton	9	4	5	0	0	25	23	8

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	9	6	1	0	2	32	18	14
Lake Erie	11	7	4	0	0	36	29	14
Rochester	10	6	3	1	0	39	35	13
Hamilton	8	4	2	1	1	21	24	10
Toronto	8	3	4	0	1	19	24	7

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Chicago	10	6	3	1	0	28	29	13
Rockford	10	5	4	0	1	30	30	11
Grand Rapids	10	4	4	1	1	32	33	10
Milwaukee	9	4	5	0	0	21	24	8
Peoria	9	2	5	1	1	13	31	6

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	10	7	2	0	1	40	24	15
Houston	10	5	3	1	1	35	28	12
Oklahoma City	10	5	4	0	1	31	31	11
San Antonio	9	4	4	0	1	19	22	9
Texas	8	3	5	0	0	16	27	6

Note: Two points awarded for a win, one for an overtime or shootout loss.

Monday's results
No Games Scheduled.

Sunday's results
W-B/Scranton 5 Bridgeport 3
Worcester 1 Manchester 0 (SO)
Charlotte 4 Chicago 1
Providence 3 St. John's 0
San Antonio 2 Oklahoma City 0
Grand Rapids 2 Houston 1 (SO)
Springfield 10 Connecticut 2

Tuesday's game
All Times Eastern
Chicago at Charlotte, 7 p.m.

Wednesday's games
Norfolk at Bridgeport, 11 a.m.
Milwaukee at Grand Rapids, 11 a.m.
St. John's at Manchester, 7 p.m.
Binghamton at W-B/Scranton, 7:05 p.m.
Syracuse at Hamilton, 7:30 p.m.

Thursday's games
Peoria at Charlotte, 7 p.m.
Toronto at Houston, 8:05 p.m.

TENNIS

ATP WORLD TOUR CHAMPIONSHIPS

At London, England
Monday's results
ROUND ROBIN
Singles
Group A
Novak Djokovic (1), Serbia, def. Jo-Wilfried Tsonga (7), France, 7-6 (4), 6-3.
Andy Murray (3), Britain, def. Tomas Berdych (5), Czech Rep., 3-6, 6-3, 6-4.
Standings: Djokovic 1-0 (sets 2-0), Murray 1-0 (2-1), Berdych 0-1 (1-2), Tsonga 0-1 (0-2).
Doubles
Group A
Marcel Granollers and Marc Lopez (6), Spain, def. Bob and Mike Bryan (1), U.S., 7-5, 5-7, 11-9.
Standings: Granollers-Lopez 1-0 (2-1), Paes-Stepanek 0-0 (0-0), Qureshi-Rojer 0-0 (0-0), Bryan-Bryan 0-1 (1-2).
Group B
Max Mirnyi, Belaruus, and **Daniel Nestor (2), Toronto**, def. Robert Lindstedt, Sweden, and Horia Tecau (4), Romania, 4-6, 7-6 (1), 12-10.
Standings: Mirnyi-Nestor 1-0 (2-1), Bhupathi-Bopanna 0-0 (0-0), Marray-Nielsen 0-0 (0-0), Lindstedt-Tecau 0-1 (1-2).

TRANSACTIONS

BASEBALL

COMMISSIONER'S OFFICE — Suspended L.A. Dodgers RHP Jose Dominguez 25 games and free agent RHP Emerson Martinez and free agent SS Luis Valenzuela 50 games for violations of the Minor League Drug Prevention and Treatment Program.

AMERICAN LEAGUE

BOSTON RED SOX — Agreed to terms with DH David Ortiz on a two-year contract.
N.Y. YANKEES — Claimed C Eli Whiteside off waivers from San Francisco.
SEATTLE MARINERS — Agreed to terms with LHP Oliver Perez on a one-year contract.

NFL

CAROLINA PANTHERS — Claimed LB Jason Williams off waivers from Philadelphia. Waived CB Ron Parker.
KANSAS CITY CHIEFS — Announced coach Romeo Crennel relieved himself of defensive co-ordinator duties. Waived CB Stanford Routt. Signed DT Shaun Smith. Named Gary Gibbs defensive co-ordinator.
NEW YORK JETS — Signed LB D.J. Bryant and RB John Griffin to the practice squad.
TAMPA BAY BUCCANEERS — Traded CB Aqib Talib to New England for a 2013 fourth-round draft pick.

NHL

ST. LOUIS BLUES — Reassigned F Cody Beach from Peoria (AHL) to Evansville (ECHL).

AHL

BRIDGEPORT SOUND TIGERS — Returned G Kenny Reiter to Fort Wayne (ECHL).
PEORIA RIVERMEN — Loaned D Brent Regner to Evansville (ECHL).
SPRINGFIELD FALCONS — Assigned G Mike Clemente to Missouri (CHL).

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	18	11	7	0	478	489	22
Toronto	18	9	9	0	445	491	18
Winnipeg	18	6	12	0	376	531	12
Hamilton	18	6	12	0	538	576	12

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	18	13	5	0	479	354	26
Calgary	18	12	6	0	535	430	24
Saskatchewan	18	8	10	0	457	409	16
Edmonton	18	7	11	0	422	450	14

Saturday's results
B.C. 17 Saskatchewan 6
Winnipeg 19 Montreal 11
End of 2012 CFL Regular Season
Friday's result
Calgary 30 Edmonton 27
Thursday's result
Toronto 43 Hamilton 40

PLAYOFFS

Sunday, Nov. 11
DIVISION SEMIFINALS
Byes: B.C., Montreal
East Division
Edmonton at Toronto, 1 p.m.
West Division
Saskatchewan at Calgary, 4:30 p.m.
Sunday, Nov. 18 — All Times Eastern
DIVISION FINALS
East Division
Semifinal Winner at Montreal, 1 p.m.
West Division
Semifinal Winner at B.C., 4:30 p.m.
Sunday, Nov. 25
100TH GREY CUP
At Toronto
East vs. West Winners, 6 p.m.

SCORING LEADERS

x — scored two-point convert

	TD	C	FG	S	Pts
McCallum, BC	0	47	44	8	187
Paredes, Cal	0	49	40	1	170
Congi, Ham	0	49	40	2	171
Whyte, Mtl	0	50	33	9	158
Palardy, Wpg	0	31	39	6	154
Shaw, Edm	0	40	32	11	147
Waters, Tor	0	29	32	7	132
DeAngelis, Sask	0	26	30	2	118
x-C.Williams, Ham	15	2	0	0	92
Dressler, Sask	14	0	0	0	84
Cornish, Cal	13	0	0	0	78
Sheets, Sask	13	0	0	0	78
Harris, BC	11	0	0	0	66
x-Lewis, Cal	10	2	0	0	62
Milo, Sask	0	16	11	12	61
McPherson, Mtl	9	0	0	0	54
Whitaker, Mtl	9	0	0	0	54
x-Fantuz, Ham	8	6	0	0	54
Charles, Edm	8	0	0	0	48
Stamps, Edm	8	0	0	0	48
Walker, Ham	8	0	0	0	48
x-Matthews, Wpg	7	4	0	0	46
Brink, Wpg	7	0	0	0	42
Prefontaine, Tor	0	5	10	4	39
Grant, Ham	6	0	0	0	36
C.Koch, Edm	6	0	0	0	36
Owens, Tor	6	0	0	0	36
V.Anderson, Mtl	5	0	0	0	30
Boyd, Tor-Edm	5	0	0	0	30
Bruce, BC	5	0	0	0	30
Durie, Tor	5	0	0	0	30
Gore, BC	5	0	0	0	30
Iannuzzi, BC	5	0	0	0	30
Inman, Tor	5	0	0	0	30
Kackert, Tor	5	0	0	0	30

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	5	3	0	.625	262	170
Miami	4	4	0	.500	170	149
N.Y. Jets	3	5	0	.375	168	200
Buffalo	3	5	0	.375	180	248

SOUTH

	W	L	T	Pct	PF	PA
Houston	7	1	0	.875	237	137
Indianapolis	5	3	0	.625	159	191
Tennessee	3	6	0	.333	182	308
Jacksonville	1	7	0	.125	117	219

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	199	176
Pittsburgh	5	3	0	.625	191	164
Cincinnati	3	5	0	.375	189	218
Cleveland	2	7	0	.222	169	211

WEST

	W	L	T	Pct	PF	PA
Denver	5	3	0	.625	235	175
San Diego	4	4	0	.500	185	157
Oakland	3	5	0	.375	171	229
Kansas City	1	7	0	.125	133	240

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	3	0	.667	254	185
Philadelphia	3	4	0	.429	120	155
Dallas	3	5	0	.375	150	181
Washington	3	6	0	.333	226	248

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	8	0	0	1.000	220	143
Tampa Bay	4	4	0	.500	226	185
New Orleans	2	5	0	.286	190	216
Carolina	2	6	0	.250	149	180

NORTH

	W	L	T	Pct	PF	PA
Chicago	7	1	0	.875	236	120
Green Bay	6	3	0	.667	239	187
Minnesota	5	4	0	.556	204	197
Detroit	4	4	0	.500	192	188

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	2	0	.750	189	103
Seattle	5	4	0	.556	170	154
Arizona	4	5	0	.444	144	173
St. Louis	3	5	0	.375	137	186

WEEK NINE

Monday's result
Philadelphia at New Orleans
Sunday's results
Detroit 31 Jacksonville 14
Chicago 51 Tennessee 20
Denver 31 Cincinnati 23
Houston 21 Buffalo 9
Indianapolis 23 Miami 20
Carolina 21 Washington 13
Green Bay 31 Arizona 17
Baltimore 25 Cleveland 15
Tampa Bay 42 Oakland 32
Seattle 30 Minnesota 20
Pittsburgh 24 N.Y. Giants 20
Atlanta 19 Dallas 13
Thursday's results
San Diego 31 Kansas City 13

WEEK 10

Thursday's game — All Times Eastern
Indianapolis at Jacksonville, 8:20 p.m.
Sunday, November 11
N.Y. Giants at Cincinnati, 1 p.m.
Denver at Carolina, 1 p.m.
San Diego at Tampa Bay, 1 p.m.
Tennessee at Miami, 1 p.m.
Oakland at Baltimore, 1 p.m.
Buffalo at New England, 1 p.m.
Detroit at Minnesota, 1 p.m.
Atlanta at New Orleans, 1 p.m.
N.Y. Jets at Seattle, 4:05 p.m.
Dallas at Philadelphia, 4:25 p.m.
St. Louis at San Francisco, 4:25 p.m.
Houston at Chicago, 8:20 p.m.
Monday, November 12
Kansas City at Pittsburgh, 8:30 p.m.

SOCCER

MLS PLAYOFFS

SEMIFINALS

(two-game, total-goals series)

EASTERN CONFERENCE

D.C UNITED VS. NEW YORK
(Series tied 1-1)
Saturday's result
D.C. 1 New York 1
Wednesday's game — All Times Eastern
D.C. at New York, 8 p.m.

KANSAS CITY VS. HOUSTON
(Houston leads series 2-0)
Sunday's result
Houston 2 Kansas City 0
Wednesday's game
Houston at Kansas City, 9 p.m.

WESTERN CONFERENCE

SAN JOSE VS. LOS ANGELES
(San Jose leads series 1-0)
Sunday's result
San Jose 1 Los Angeles 0
Wednesday's game
Los Angeles at San Jose, 11 p.m.

SEATTLE VS. REAL SALT LAKE
(Series tied 0-0)
Friday's result
Seattle 0 Real Salt Lake 0
Thursday's game
Seattle at Real Salt Lake, 9:30 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's result
West Brom 2 Southampton 0

GREECE

Yesterday's result
Aris 2 Veria 1

NETHERLANDS

Yesterday's result
AaB Aalborg 1 FC Midtjylland 3

SPAIN

PRIMERA

Yesterday's result
Getafe 2 Real Betis 4

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Where to turn for starters?

After a disastrous season, the Blue Jays have made it clear starting pitching is their top off-season priority. With top free agent starter Zack Greinke likely too expensive for Toronto, here's a look at some other starting pitchers the Jays might target:

TORSTAR NEWS SERVICE

Photos by Getty Images

Kyle Lohse

Lohse pitched well enough to win the wild-card playoff in Atlanta, but lasted just two innings in the Cardinals' crucial NLCS Game 7 loss to the Giants. His agent is Scott Boras, who will probably want a four- or five-year deal, which could look ugly around year three.

Anibal Sanchez

Acquired by the Tigers at the trade deadline, Sanchez probably pitched a little over his head in the playoffs, allowing just four earned runs in 20.1 innings. He has thrown at least 190 innings in each of the last three seasons, while posting a 3.69 ERA, and is considered by some to be the second-best starter available.

Edwin Jackson

A perennial underachiever who has been traded six times, Jackson may be the best fit for the Jays because of his age (29) and durability. He's thrown more than 180 innings in each of the last five years and was among the top 25 pitchers in the NL last year. But he's another Boras client and will likely command a deal out of the Jays' price range.

Dan Haren

Haren became a free agent when the Angels declined his $15.5 million option and a last-minute trade with the Cubs fell through. He's a former all-star, but he did not pitch well in 2012 and there are rumours that the deal with Chicago fell through because of health concerns.

Shaun Marcum

Once the Jays' Opening Day starter, Marcum was dealt to the Brewers in the 2010 off-season for Brett Lawrie. Marcum isn't a game-changer and he missed about a third of 2012 with elbow soreness, but he has a track record of success with the Jays and has said he would be happy to return to Toronto.

Joe Saunders

After he was acquired from the Diamondbacks at the trade deadline, Saunders played a big part in the Orioles' post-season run by holding Texas to a single-run in the wild-card playoff.

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Public Auctions

Public Auctions

ONLINE AUCTION
ALL CANADIAN SELF STORAGE
MONDAY 12th NOVEMBER 2012. 11:00 AM
The following list of names and last known addresses, are people whose goods in storage at **All Canadian Self Storage, 207 Weston Rd, Toronto, ON, M6N 4Z3** will be put up for online auction on Monday Nov. 12th 2012 at 11:00am due to non-payment of Storage rent. The ONLINE AUCTION will be conducted online by YouBidLocal.com.

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Horoscopes

Aries
March 21 - April 20
You are intensely curious about what's going on around you, and that's good. The more you try to understand why certain things are happening, the more likely it is you will be able to turn them into an advantage.

Taurus
April 21 - May 21
As Mercury turns retrograde in the wealth area of your chart today, you must strive to see solutions rather than problems. You may have to make some big changes but in the long term, they will be well worth it.

Gemini
May 22 - June 21
Try not to get caught up in a fight or feud that has nothing to do with you. You may not be the kind of person who stands back while other people get angry but on this occasion, it's by far the best course.

Cancer
June 22 - July 23
You need to look ahead and start making plans, but you must not act on those plans just yet. As Mercury, planet of the mind, turns retrograde today, it may be several weeks before the way ahead is clear.

Leo
July 24 - Aug. 23
You are not always as positive in your outlook as other people think you are and something is certainly bothering you now. Whatever it is, you can be sure it is of only minor importance. Put it out of your mind.

Virgo
Aug. 24 - Sept. 23
You may have to ask for assistance from a friend or family member today. The more you have kept your feelings to yourself in recent weeks, the less likely it is others will know anything is wrong. So tell them.

Libra
Sept. 24 - Oct. 23
As usual, you have lots to say. But as Mercury, planet of communication, begins one of its retrograde phases today, you would be wise to keep some of your more outrageous thoughts to yourself!

Scorpio
Oct. 24 - Nov. 22
This could be a rather confusing sort of day, so you will need to keep your number one goal in mind and in sight at all times. Keep your eyes and ears open, but also keep your head clear of distractions.

Sagittarius
Nov. 23 - Dec. 21
You need to come to grips with certain fears. You need to find ways to limit the hold they have over your life. To start, you need to accept they exist and that means accepting yourself as you are.

Capricorn
Dec. 22 - Jan. 20
Your mind will be wrestling with some pretty deep questions today and throughout the remainder of the week, but they must not be allowed to get in the way of everyday matters. You still have to put food on the table.

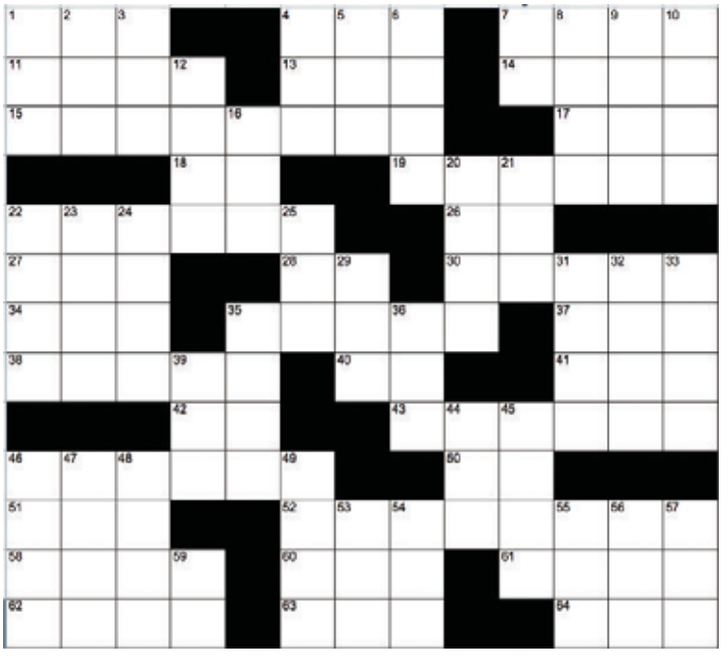
Aquarius
Jan. 21 - Feb. 19
Try to adopt a more light-hearted attitude. Try not to see the world and its problems as your responsibility. You can still find ways to do good but they must be ways that make you feel good as well.

Pisces
Feb. 20 - March 20
You need to be clear in your mind what the difference is between duty and pleasure. Can you find areas where you can do what is expected of you and have fun at the same time?

SALLY BROMPTON

Canadian Crossword

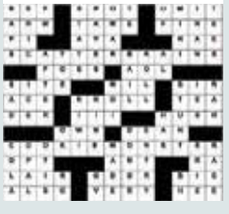
BY BETTY MARTIN



Across
1. The — in the Hat
4. Swiss mountain
7. Dull throb
11. Computer geek
13. Hawaiian garland
14. One who accomplishes
15. Actor or actress
17. Participated in a marathon
18. — and fro
19. Easel boards
22. Corn and Maple
26. Hospital waiting room (abbr.)
27. — Haw
28. Deal – No Deal
30. Railing post
34. Guido's high note (2 words)
35. Put into office
37. Honest President
38. Assign
40. Courtroom figure
41. Tennis and volleyball apparatus
42. Ready – Not
43. Things of value
46. Theatre passageways
50. — Elsewhere
51. Heir, often
52. Family photos
58. This weighs – – (2 words)
60. High card
61. Femur or ulna
62. Cat and dog feet
63. Born
65. Spelling competition

Down
1. Use a knife
2. Fireplace residue
3. Golf gadget
4. MacGraw of "Love Story"
5. Flowery meadow
6. — and needles
7. Commercial
8. Summer veggie
9. — of the Class
10. Sea eagles
12. Letters between Q and V
16. Coke and Pepsi
20. Camping equipment
21. — You Afraid of the Dark?
22. New York stadium
23. Puppy noises
24. Gather
25. Sun God
29. Autumn colour
31. Fade
32. Aid in a crime
33. — Make a Deal
35. Fictional Jane
36. Canadian Automobile Association (abbr.)
39. Computer lingo
44. Supersonic jet
45. Ticket receipt
46. PDQ
47. Small tiny amount
48. Sub-zero precipitation
49. Reach
53. Drink cooler
54. Average grade
55. Pilfer
56. Compass bearing
57. Eye
59. Canadian province (abbr.)

Yesterday's Crossword

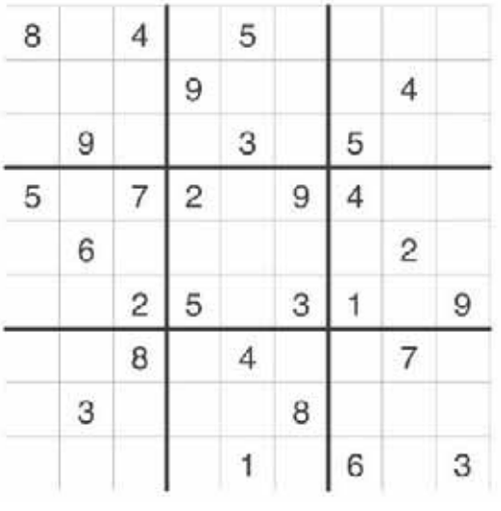


What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.



Yesterday's Sudoku

2	8	4	1	7	3	5	9	6
5	3	1	6	8	9	7	2	4
6	9	7	4	2	5	3	8	1
3	2	8	9	6	1	4	7	5
7	5	6	3	4	8	2	1	9
1	4	9	7	5	2	8	6	3
8	6	3	2	1	4	9	5	7
9	1	2	5	3	7	6	4	8
4	7	5	8	9	6	1	3	2

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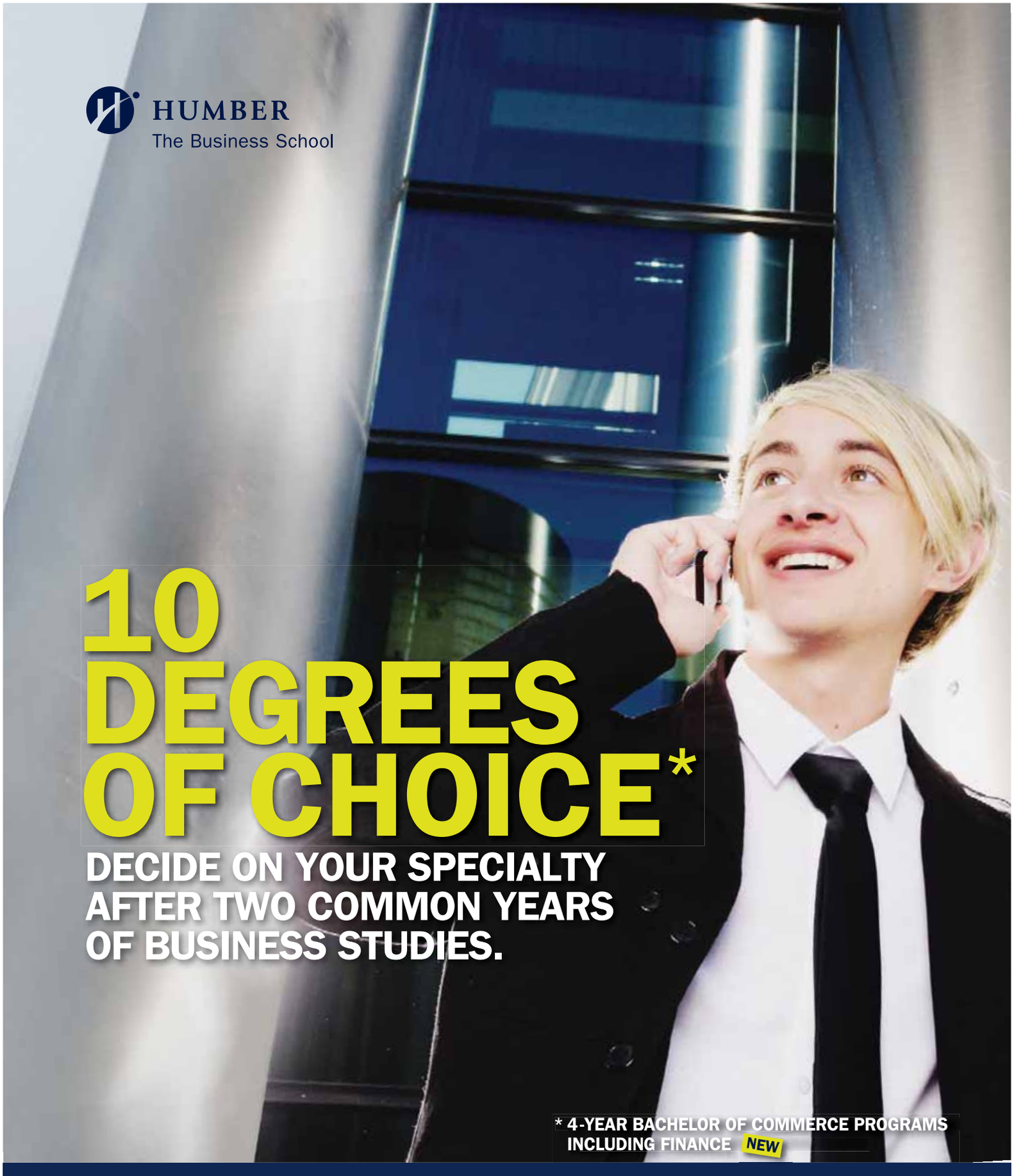
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